

REMEMBRANCE DAY

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UPSTART {page 10}



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Occupy Vancouver lives on

► Judge grants one-week reprieve to give lawyers time to prepare their defence against city's injunction application ► Protesters ordered to comply with the fire chief's order ► But 'sacred fire' could remain burning



PHYLICIA TORREVILLAS
@METRONEWS.CA

The Occupy Vancouver movement will get to keep its encampment for another week.

B.C. Supreme Court judge gave its lawyers more time to argue against the city's application for an injunction to take down the tent city.

Justice Anne MacKenzie said the three-day hearing will begin next Wednesday at 10 a.m.

However, she did grant the city an interim order that requires Occupy Vancouver demonstrators to comply with the Nov. 3 fire chief's orders until the main injunction application is heard next week.

Protesters were ordered to remove all open flames, propane tanks and other heating sources on the Vancouver Art Gallery plaza by 7 p.m. Wednesday.

MacKenzie also ruled that campers have until 2 p.m. Thursday to comply with other requirements under the order, including removing all tarp enclosures, identifying occupied tents, removing unoccupied tents and

providing three-foot spacing in between tents.

The interim order also grants firefighters and city engineering staff access, so that they can ensure compliance, and it authorizes police to arrest and detain anyone who resists.

A so-called "sacred fire" by aboriginal elders at the campsite sparked a confrontation between the protesters and police earlier this week. Two police officers were allegedly bitten after assisting firefighters to extinguish the barrel fire.

The judge said it was up to Fire Chief John McKearney's discretion if he wants to keep the fire in the camp.

Occupy Vancouver's Elijah Ignatieff said the deadlines are unreasonable and demonstrators could've handled the safety measures without the need for police enforcement.

"As soon as you bring in enforcement, you are going to create confrontation," he said.

However, lawyer Jason Gratl, who is representing the only named defendant, Sean O'Flynn-Magee, said the decision was a "reasonable compromise."



► Occupy Vancouver lawyer Jason Gratl talks to reporters Wednesday after being granted one week to prepare a defence against the city's injunction application to shut down the encampment.

PHYLICIA TORREVILLAS/METRO



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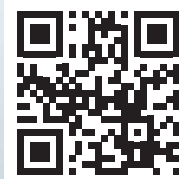
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Three left to vie for Evergreen

The Ministry of Transportation has short-listed three companies to build the long-awaited Evergreen Line.

The ministry announced yesterday that EL Partners, Kiewit/Flatiron Evergreen Line and SNC-Lavalin Inc. remain in the running for the rapid-transit line contract. Seven teams responded to the original request for qualifications and had their bids evaluated. The three finalists have until April 2012 to provide technical submissions.

The government expects the contract to be awarded next summer. The targeted competition date for the project, linking the Tri-Cities, is the summer of 2016. **MATT KIELTYKA**

Accused kidnapper fit to stand trial

A psychiatric assessment has determined a man charged with kidnapping a little



► Hopley

boy in Sparwood, B.C., is fit to stand trial. The assessment was submitted in Cranbrook court yesterday. Randall Hopley, 46, is accused of kidnapping three-year-old Kieran Hiebert on Sept. 7. The boy was returned home unharmed four days later.

THE CANADIAN PRESS

► Dr. Gabor Mate, the renowned Vancouver doctor who worked with drug addicts in the Downtown Eastside, speaks at the Metro Central YMCA in Toronto in 2009.



STEVE RUSSELL/TORSTAR NEWS SERVICES

Ritual tea is a controlled substance: Health Canada

- Renowned doctor claims drink can help sex, cocaine, heroin addicts
- He says he does not import or distribute it, but advises how to use it

A Vancouver doctor who has been using a ritual hallucinogenic tea to help addicts has been ordered by Health Canada to stop or face criminal prosecution.

Dr. Gabor Mate received a letter in the mail from Health Canada on Monday, warning him to stop using ayahuasca because it is considered a controlled substance and requires proper authorization.

Mate says he has tried helping up to 150 addicts with the traditional Ama-

zonian medicine for about two years.

His work is featured in the documentary The Jungle Prescription, which airs on CBC's The Nature of Things tonight.

"I have seen how I can help people with this and now it is going to be much longer to seek approval — if we even get it," Mate said.

Ayahuasca is a psychedelic drink derived from a woody vine and has been used as a source of medicine by Amazonian

shamans for centuries.

It acts on the centres of the brain responsible for emotional memory and insight, Mate explained.

When taken by addicts, it helps them remember traumatic events, or get in touch with the "emotional resonance" of these events, which led to addictions in the first place, he said.

"If you understand that there is nothing wrong with you but that you have just been hurt ... you can begin to let go of it," he said.

Mate emphasized that he has not imported or distributed the tea, but has just given guidance to those who have used it.

"People have given up sex addictions, people have given up cocaine addictions, people have given up their heroin and crystal meth use, people are relocating from the Downtown Eastside, people have reconciled with their families and that kind of thing," he said.

TORSTAR NEWS SERVICES

1 news



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Buddy and Pedro, the Toronto Zoo's same-sex penguin pair, have become an online sensation. Watch video of them at metronews.ca/video

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FATHER DIES

Man charged in attack on parents

A man faces two charges in an attack in North Vancouver that left his father dead and sent his mother to hospital.

Jordan Ramsay, 27,

stands accused of one count of second-degree murder and one count of attempted murder.

His father, Donald Ramsay, 53, died in the attack last Saturday while his mother, Wendy, was badly injured and remains in hospital in stable condition.

Jordan Ramsay also remains in hospital.

THE CANADIAN PRESS

Police forces were at odds on Pickton investigation: Inquiry

The RCMP failed to share important information about the investigation into Robert Pickton, including when the Mounties interviewed the serial killer, a senior Vancouver police says.

Deputy Chief Doug LePard is continuing his testimony at the public inquiry into the case, detailing the series of problems that hampered the investigation before Pickton's arrest in 2002.

In the years before his arrest, Pickton was the police department's No. 1 suspect in the disappearance of sex workers, but the investigation was left to the Port Coquitlam RCMP.

The Mounties interrogated Pickton in January 2000, but LePard says they

Turf war?

► The RCMP and the Vancouver Police Department have been criticized for not sharing information and battling over jurisdiction in the Pickton investigation, with some critics claiming a turf war was getting in the way of solving the missing women case.

didn't give Vancouver police advance warning of the interview or share that information afterward.

LePard says the RCMP also didn't tell Vancouver police they were struggling with resources and weren't treating the Pickton case as a high priority.

THE CANADIAN PRESS

A sharp eye for talent

► On Vancouver stop, Canada's Got Talent auditions 80 acts in two days



KENDRA WONG
VANCOUVER@METRONEWS.CA

America may have talent, but Canada is holding its own when it comes to showcasing this country's rising stars.

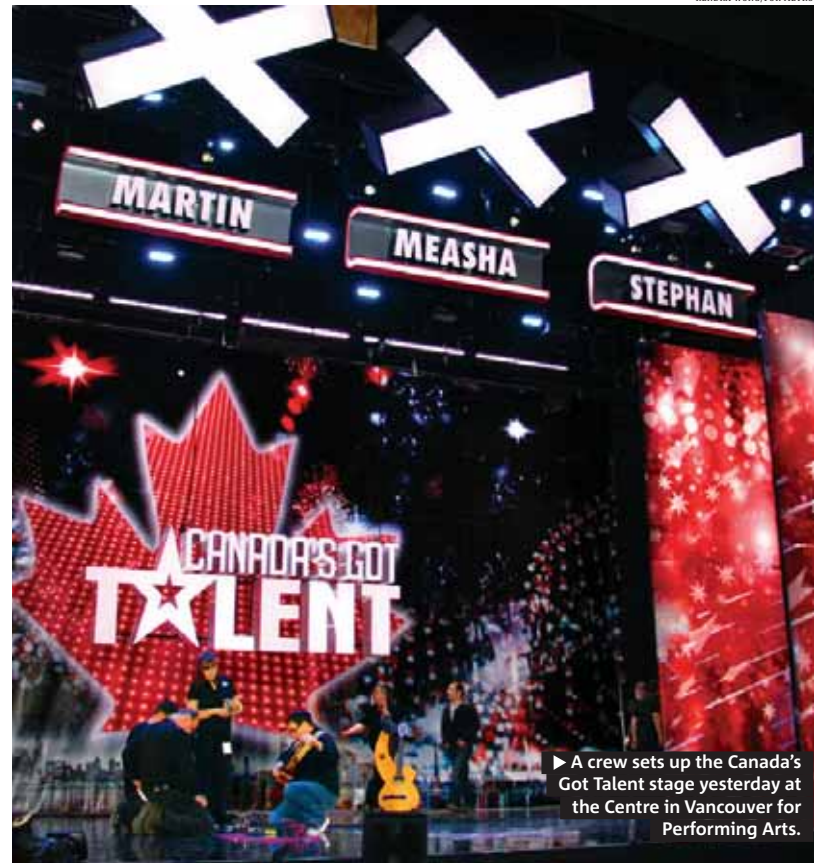
Canada's Got Talent — a reality TV program that boosts local talent — began auditions yesterday at the Centre in Vancouver for Performing Arts.

The show, which has been in the works since January 2010, saw 80 acts perform over two days, and moved 42 acts to the semifinals.

"What's really fun about this show is that it's wide open to any kind of talent, whether it's real or perceived," producer Ed Robinson said.

Celebrity judges include comedian Martin Short, soprano Measha Brueggergosman and composer Stephan Moccio.

Robinson said the audience can expect to see a variety of creative acts including young people playing traditional Chinese instruments in modern ways, an aerialist painting a canvas, a juggling unicyclist and magicians who saw people in half.



► A crew sets up the Canada's Got Talent stage yesterday at the Centre in Vancouver for Performing Arts.

"A lot of these acts are selected because they have a fun personality or have a humorous side to them,"

he said.

Vancouver is the second stop on the national audition tour that visits Cal-

gary, Toronto, Winnipeg, Halifax and Montreal.

The show airs on Citytv in March 2012.

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- UBC transition program for veterans and returning soldiers helps heal their battle scars
- National expansion still in progress, looking for more funding to provide program outside B.C.

Healing invisible scars

PHYLICIA TORREVILLAS
@METRONEWS.CA

A 14-year-old girl in Afghanistan, who was in a marriage she didn't want to be in, decided to light herself on fire. Her parents brought her to the airfield where Canadian soldier Tim Laidler was manning the front gates. The girl died a few days later.

This image haunted Laidler even as he got back from his eight-month tour of Afghanistan as a convoy escort and reservist.

"I was the soldier on the front gate of the airfield who had to hold them up for 20 minutes as they had the bomb-sniffing dogs come out and search the vehicle," said Laidler, 26. "That was one of those things that I would think about and say, 'I should've just waved them through and risked it or I should've searched it by hand. I should've done something.' But I didn't do anything. I was frozen."

He kept the guilt to himself and replayed the what-ifs in his mind, but now he says he can openly talk about his experiences in Afghanistan after completing the University of B.C. Veterans Transition Program — a program designed to help veterans cope with stress-related injuries and integrate themselves back into civilian life.



► A therapeutic enactment session from the University of B.C.'s Veterans Transition Program asks soldiers to recreate a pivotal event during their military service with counsellors and fellow soldiers.

"We have an economic, moral and political obligation to do this."

MARVIN WESTWOOD, THE PROGRAM'S CO-FOUNDER

Laidler, who has never been diagnosed with post-traumatic stress disorder, says he was hesitant at first when a friend and fellow reservist encouraged him to join the program.

"I was like, 'I don't need this program. This is only for people who are screwed up or sick or something.'"

he said.

But he ended up giving it a shot and it exceeded his expectations. Now he serves as the program's operations co-ordinator and he's also pursuing a master's degree in counselling so he can help other soldiers deal with their transition.

More than 200 veterans have gone through the program, which was established in 1997 with funding from the BC/Yukon Command of The Royal Canadian Legion.

As part of the program, soldiers must re-enact a scene — usually a pivotal event where they experienced trauma or stress — with the help of other soldiers in the group.

Marvin Westwood, the

program's co-founder and a UBC counselling psychology professor, said soldiers revisiting, reconfiguring and re-experiencing what happened to them with counsellors and fellow soldiers releases a lot of balled-up feelings they've been carrying.

"Only a soldier can tell another soldier that they acted in a right way that's restorative to them," Westwood said.

Adapting skills

Traditional masculine attitudes and the "suck it up" military mentality often make it difficult for soldiers to share, said Marvin Westwood, a UBC counselling psychology professor, with some even turning to alcohol and drugs to shut down their feelings.

University of B.C.'s veterans' program assists in transitioning soldier skills into civilian skills, creating options they didn't know they had and helping soldiers become competitive in the labour force, he said.

"If they don't get support when they serve in these war zones, the stress injuries are debilitating beyond all means," Westwood said. "It affects their families, their careers and their lives and their ability to earn income. And they're not contributing citizens anymore."

PHYLICIA TORREVILLAS/METRO



► Veteran Tim Laidler

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'Pee tosser' taken to hospital

A 47-year-old protester has been coaxed out of a tree at the Occupy Victoria site and taken to hospital for treatment of possible mental health problems.

The man could also face

one count of assault following an unpleasant incident earlier in the day.

A city worker was trying to remove a bike that had been tied into the branches of the tree when liquid — possibly urine — was allegedly poured on him.

Meanwhile, demonstrators at the site in Centennial Square say they won't move until at least next Tuesday. **● METRO**

Drawing on experience to preserve art history

- ▶ Vancouver programmer tasked with digitizing graphic novel Maus
- ▶ New project preserves cherished work for a new generation



MATT KIELTYKA
@METRONEWS.CA

Deeply personal, culturally invaluable and forever reverent — Art Spiegelman's *Maus* remains one of the most cherished accounts of the Second World War's Holocaust.

So when it came down to converting the graphic novel — the only one ever to win a Pulitzer Prize — into a digital artifact, Vancouver's Ryan Nadel didn't take the task lightly.

"The work had a profound effect on me (as a child) and still does," said Nadel, whose company, 8 Leaf Digital Productions, created the interactive DVD for Spiegelman's *METAMAUS*. "It's critical to keep its legacy alive. The message of remembrance in *Maus* is to keep telling these personal stories connected to history."

METAMAUS is a behind-the-scenes book marking the 25th anniversary of *Maus*, which tells the story of Spiegelman's father, a Holocaust survivor, in a world where Jewish people are portrayed as mice and Nazis are depicted as cats.

The book features hundreds of unreleased

▶ Ryan Nadel flips through *METAMAUS*, the new book chronicling the creation of *Maus*. The Vancouver developer was responsible for turning the cherished graphic novel into a digital artifact.



MATT KIELTYKA/METRO

sketches, Spiegelman's account of how the book came to be and chronicles the arduous making of the book.

Nadel helped the world-renowned artist stuff thousands more sketches, commentary and even Spiegelman's original audio interviews with his father onto a

DVD that comes with the book.

"You see all the research that went into it. You're sitting there with Art as he's building and shaping his story," said Nadel. "To be able to go along on that journey — from actually listening to his dad tell his story to the final product — is so

inspiring."

And because of Nadel's efforts, *Maus* and the personal story behind it will live on for future generations.

"We've preserved it," he said. "The audio tapes were falling apart on cassettes, and paper fades, but the images and content on the DVD don't."

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Polar opposites?

► Which animal should be Canada's proud national symbol? The beaver or the polar bear?
 ► Metro Ottawa managing editor Sean McKibbin and Metro Winnipeg managing editor Elisha Dacey discuss the pros and cons ...

TEAM POLAR BEAR

ELISHA DACEY
METRO WINNIPEG



TEAM BEAVER

SEAN MCKIBBIN
METRO OTTAWA



PHOTO ILLUSTRATION/DAVID VAN DYKE/METRO

Sean: Polar bears are too intimidating to be Canada's national symbol.

Elisha: There's nothing wrong with Canada's new symbol being a little more intimidating than the beaver. We can't be a nation of apologetic fur-trappers with big teeth forever, plodding along like a wet oversized rat.

Sean: The beaver is the entrepreneur and engineer of the animal kingdom.

Hardworking industrious and clever, the beaver launched not one, but two national retailers, HBC

and the Northern Store. It taught humans about the lumber industry, the fur trade and how to build hydroelectric dams.

Who would you rather have as a role model for kids? A Coca-Cola-swilling albino bully who gets his kicks killing cute baby seals and making Sir Paul McCartney cry, or an industrial tycoon? It's Trailer Park Boys vs. Dragons' Den here and the beavercapitalist is coming out on top.

Elisha: We need a symbol that shows our strength, our pride, and

Beaver vs. bear

- The beaver became an official emblem of Canada on March 24, 1975.
- Polar bears can swim up to 160 kilometres at a time, at about 10 k/ph.

matches the majesty of our beautiful country. Not one that shows off our flabby belly.

The polar bear is a fuzzy-pawed survivalist. Able to live through the harshest of conditions, the polar bear is so hardcore it can take on a beluga

whale. There's no cozying up in a den to sleep through the winter like most bears. They tough it out.

They survive in the open tundra. They're at the top of the food chain. And they're good-looking, to boot. It's an image Coca-Cola is smart enough to cultivate. Being clever and industrious is fine for side-kicks. Being majestic, fearless and quietly strong is better for leaders.

Sean: I'll take an animal who builds a safe, sturdy house for his family and sticks around to raise his

young over one that leaves a trail of single bear mothers who are forced to burrow into a snow bank to find a place to hibernate with their kids.

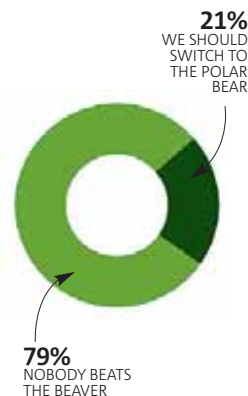
Beavers are dam fine animals.

Elisha: Like I said, polar bears are survivors. They can make a home out of anything, even a snowbank, and Mama is fierce enough to raise her cubs on her own.

And I'm pretty sure they wouldn't mind munching on a tasty beaver — spitting their pelts out as they go.

What you say

In a clash of nationally symbolic titans, which corner are you in?



The question that sent readers all a-Twitter



► What would be better as the national symbol of Canada? The polar bear or beaver?

► @flangela_lyne: I'm #TeamBeaver! What would Canada be without the

famous #Beavertails? Do we want our symbol to be a bar shot? #polarbear

► @destinfall: I'm Team Beaver.
 ► @OliviaJonesQMFM: Polar bear!
 ► @ImperialJedi: Team Polar Bear!

► @ilockitdown: I wish there was a #TeamMoose
 ► @DayaCounselling: Team Beaver! They're on our 5 cent coins. Plus they cut down trees with their teeth! That's just awesome! ^NS
 ► @Myles_Burke: Polar

Bear. I don't think that we need to purvey ourselves so passively (as beavers) all the time.

► @Wanitalund: I'm neither, I want a Moose
 ► @eden_21: Team Beaver for sure!!

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► This storm's fun! Children play in sea foam near the harbour in Nome, Alaska.

'This is not a normal storm'

► Western Alaska battered ► Residents fear sea surge

One of the most powerful storms to hit western Alaska in nearly 40 years battered coastal communities yesterday.

Hurricane-force winds forced residents to seek higher ground as the storm knocked out power and ripped up roofs.

As the storm churned the Bering Sea between Russia and Alaska, people braced for a possible surge of sea water into coastal communities.

"People out there are

Great gusts

► The highest wind gusts recorded — 142 km/h — were at the western tip of the Seward Peninsula, said Bob Fischer, lead forecaster for the National Weather Service in Fairbanks.

used to extreme weather, but this is not a normal storm," said Jeremy Zidek, a spokesperson for the state's emergency manage-

ment agency.

"This is of a magnitude that can be a storm of record, extremely dangerous, and the state is treating it as such."

Water had reached homes in at least four native villages, including Tununak and Kipnuk, state emergency managers said.

Zidek said no injuries had been reported and damage was largely limited to blown-out windows and battered roofs.

THE ASSOCIATED PRESS

HYDROELECTRICITY

Court OKs Brazil's giant dam

A Brazilian court said yesterday that construction of one the world's largest hydroelectric dams can proceed without additional consultation with indigenous communities.

Federal prosecutors had filed a motion calling for suspension of construction of the Belo

Monte dam in the state of Para until indigenous groups are consulted. But in a 2-1 vote, the court upheld the decree issued by Para state authorizing construction. The federal prosecutors' office in Para said in a statement it will go to the Supreme Court to appeal the ruling.

"All the studies made arrive at the same conclusion: the dam will provoke drastic changes in the food chain and livelihood of the indigenous communities," the statement said.

THE ASSOCIATED PRESS

11/11/11 is their day

A set of twins from Wisconsin have big plans for Friday: They will be celebrating their 11th birthday on the 11th day of the 11th month of 2011.

Betsy and Katie Overman are making plans: Maybe they'll go to school and stay for just 11 minutes.

Reports say an aunt has already given them 11 bags, each containing 11 little presents.

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JOHN MOORE/GETTY IMAGES

Lasting impact

► **Education.** Canadians have built a total of 26 schools; another 27 are under construction. Prior to 2001, only 700,000 students, all of them boys, were attending school. Today, more than 2.2 million girls, over a third of all students, are in school.

► **Dahla Dam.** Over 2,012 jobs have been created in the rehabilitation of the dam. Once completed, 80 per cent of Kandaharis who live along the system will have access to a

secure water supply to stimulate agricultural production.

► **Polio-eradication initiative.** Canada is the single largest donor to polio eradication. Over 7.8 million Afghan children continue to be vaccinated against polio, including approximately 400,000 in Kandahar province.

► **Route Hyena.** This signature project was built to give residents of western Panjwaii greater freedom of movement, and improve their access to schools, markets and local government.

► Members of the Canadian Engineer Regiment on June 13, 2006, in the Panjwaii district southwest of Kandahar.

How will we be Remembered?

► Metro takes a look at Canada's legacy in Afghanistan ► Decade in war-torn country cost 162 Canadian lives — 158 military personnel and four civilians

NO MISTAKE

TERRY GLAVIN
FOR METRO



That Canadian soldiers were able to hold Kandahar is key to the reconstruction of Afghanistan. And it's too bad that not enough Canadians know that.

Years down the road, there will be all sorts of clever people who will be happy to tell us that our soldiers should never have been sent to Afghanistan. That's why it will always be handy to remember what it took a British House of Commons defence committee to point out, back in 2007:

"If Kandahar fell, and it was a reasonably close run last year, it did not matter how well the Dutch did in Uruzgan or how well the British did in Helmand. Their two

Canadian Forces Col. Mike Minor is the NATO commander in charge of the Advisory Group to the Kabul Military Training Centre (the largest Afghan army training facility).

Who are the trainers?

I have a team of about 500 coalition personnel from about 10 different nations working with me. Our role is to advise Afghanistan's premier training centre where

they train up to 60,000 officers each year. That's almost the size of the entire Canadian Forces. Our aim is for this training centre to sustain the Afghan National Army ... after we're gone.

When will that happen?

The transition will start as early as next year. That's the key to sustaining the Afghan National Army as we move

forward. We're essentially training trainers so they can effectively train soldiers themselves.

What will be Canada's legacy in Afghanistan?

Certainly our operations in the south fighting the counter-insurgency were pivotal here. But around Kabul now, I've had many nations come up to me and say "clearly Canada has it right."

provinces would also, as night followed day, have failed, because we would have lost the consent of the Pashtun people because of the totemic importance of Kandahar."

Don't remember? Don't be hard on yourself. You sure didn't hear it from any Canadian parliamentary committee.

If all Canadian soldiers ever did was win the Battle of Panjwaii in 2006, it would all have been worth it.

Panjwaii was Stalin-grad. Between that summer and July 2011, fewer than 3,000 Canadian soldiers kept the Taliban at bay. U.S. President Barack Obama's "surge" of 30,000

soldiers is still having a hard time matching Canada's accomplishment.

And even now, sneers disfigure the faces of our country's clever "troops-out pundits" whenever they're reminded that millions of girls would have never gone to school had it not been for the gallant sacrifices of Canadian



► Col. Mike Minor, right, is saluted by an Afghan.

We went into the fight, we did an outstanding job and things are better in Kandahar. Now is the

time for transition ... so the Afghans can do it themselves.

● HEATHER BUCHAN

soldiers and their families.

Had Kandahar fallen, Afghanistan would have been lost to the Taliban, and you don't want to think about what would have come next.

In the years to come, millions of Afghans will fondly recall that in their darkest hour, Canadian

soldiers were watching their backs. Most Canadians still don't seem to have a clue.

.....
Terry Glavin is the author of the newly published book *Come From The Shadows: The Long And Lonely Struggle for Peace In Afghanistan*. He has visited that country four times since 2008.



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► An Afghan woman and her young niece in a mosque in Herat city, in western Afghanistan. Girls generally begin veiling after puberty.

Afghan women more visible in public life

LAURYN OATES
FOR METRO

When Afghan women and girls found in December 2001 that they were no longer under state-imposed house arrest, they peered out at a country in ruins.

Taliban rule, following the three decades of war, kept women and girls shut out of schools for five years.

Since those first post-Taliban days, striking change has swept over Afghanistan. Canadian investments in education and rebuilding programs have helped hurry along the drive for learning and training opportunities.

Women have been accessing micro-credit programs like the Micro-finance Investment Support Facility for Afghanistan (MISEFA), supported by the Canadian International

30%
Today, about 30 per cent of civil servants in Afghanistan are women.

Development Agency. The charity Canadian Women for Women in Afghanistan has been training teachers, running adult-literacy classes and opening village libraries.

The Afghan Canadian Community Centre in Kandahar trains female students in business, computers and English, helping land them lucrative jobs immediately after graduation. The Mennonite Economic Development Associates, headquartered in Toronto, supported 3,000

women farmers in Parwan province with training and access to inputs that helped them improve their crop yields and raise household incomes.

Afghan women still face daunting challenges, including the world's highest maternal mortality rate, rampant domestic violence, underage marriage (the average female marriage age is believed to be only 15). The Taliban regularly attack girls' schools, threaten women working in the government and operate "shadow governments" in districts where they have greater control than the government, doling out punishments for "moral crimes" like premarital sex.

Laurn Oates is the projects director of Canadian Women for Women in Afghanistan.

WE ASKED: HOW WILL YOU REMEMBER CANADA?

Lotfullah Najafizada, 24
Journalist at Tolo TV, Kabul

"Canada has made a huge sacrifice in Afghanistan in the last decade. It has helped the Afghan people during a very tough time. We would remember Canada's support and assistance not for 10 or 20 years, but for many, many decades. Canada has a reputation as an honest and supportive friend in Afghanistan."



Bibi Zhilla Jawid, 23
Senior finance assistant, UNICEF Kandahar Office

"Our family returned to Kandahar from Pakistan in 2003. We were poor, so I needed to work ... The only way I could study was at night school, but there were no female students. I will never forget the day in 2007 when I got the chance to enrol in a school supported by Canada, the Afghan Canadian Community Centre in Kandahar. I took English classes there and the people were kind. I then graduated, with 11 other girls, in business management, and that is the greatest gift that Canada could give me. I was given my certificate in front of everyone. For this, we'll remember Canada in our hearts."



Dr. Mohammad Shafiq Faqeerzai, 35
Surgeon at Aliabad Teaching Hospital, Kabul

"The people of Afghanistan really appreciate the efforts of Canadians towards the rehabilitation of our country. Despite having thousands of Canadian Forces in addition to the other international forces, our security is getting worse. Poppy cultivation and trafficking is still happening. The people do not feel safe even in the capital. Nevertheless, the people of Afghanistan will remember the Canadians, especially as they continue to build the capacity of the Afghan National Army, and especially if they help build this country into something sustainable."



Homa Sorouri, 32
Human resources development director, Kabul

"Canada was one of the first countries who left Afghans mid-conflict, in 2011. Canada reminds me of Kandahar because of their overall focus on rebuilding Kandahar. As a Kabul resident, of course I cannot comment on how they have done the job, but I know that Canadians were big advocates of women's rights. In all the projects they funded, they were concerned with gender issues. Canadians seem to be friendly people."



On Twitter



We also asked Twitter users to tell us how they thought Canadians would be remembered for their role in Afghanistan.

Here's what they had to say:

- **@RickCarroll:** @themetrolondon As hard working, dedicated heroes.
- **@taboada93:** @metrotoronto I think they'll be remembered for taking the time out of their lives to go and help those in need. You can't get any more pride!
- **@AutisticTomato:** @metrohalifax Afghans will remember Canadians as solid hash

smokers and friendly people.

- **@bnes211:** @themetrolondon As the ones they hate less than Americans.
- **@SkyMcLaughlin:** @metroedmonton My friends there tell me our legacy is our genuine intention to help, but sadly 10 yrs later not much has changed.
- **@TashKasves:** war is never looked back on positively.



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Be prepared for massive quake

- ▶ Top geophysicist says training will reduce fatalities
- ▶ Improved earthquake-hazard maps provide protection

Canada could expect a major earthquake at any time and a top geophysicist says it should prepare itself if it is to avoid the kind of disasters that befell Japan, Italy and China in recent years.

John Cassidy, head of earthquake seismology at the Geological Survey of Canada, says large earthquakes have hit parts of Canada numerous times — and will again.

"Certainly we could expect an earthquake at any time and should be prepared for a large earthquake at any time in Canada," Cassidy said in an interview prior to delivering a lecture at Carleton

Vulnerable

▶ He says the most vulnerable region is the West Coast, which has been hit with giant, magnitude-9.0 quakes 13 times in the last 6,000 years, the last of them 311 years ago.

▶ B.C. is in the window in which a massive earthquake is more likely to occur, he says, but he acknowledges that window spans 200 to 850 years.

University. "We've seen many over the years, going back in time."

Predicting earthquakes with any degree of consistency, Cassidy says, re-

mains next to impossible.

"Unfortunately, we cannot predict earthquakes, either here or anywhere," he said. "There's no consistent, successful way to predict exactly when earthquakes will occur and how large (they will be)."

The only thing people can do is be prepared, he says.

Canada is identifying vulnerable areas, estimating potential magnitude, frequency and type of quakes. Using that information, planners can draft appropriate building codes and construct quake-resistant infrastructure to minimize the damage.

THE CANADIAN PRESS

Occupy. Protests



▶ Mathieu Martin struggles with a sheet of plywood as he moves his tent to a new location at the Occupy Montreal protest in the financial district Wednesday. The city is now forbidding the construction of any wooden structure.

PAUL CHASSON/THE CANADIAN PRESS

Officials say it's time to move on

Toronto Mayor Rob Ford Wednesday said residents and businesses have "had enough" of Occupy Toronto protesters and it's time to ask them to leave. Officials in Vancouver, Victoria and Calgary have also made plans to start removing camps while Regina's protesters have been asked to leave voluntarily. In Edmonton, campers on land owned by a private company have been asked to leave and the mayor has talked about cutting off their power. Halifax campers cleared out on their own.

Older Canadians embracing social media

Older Canadians are increasingly following their younger counterparts into the world of social media, a

new poll suggests.

The Harris-Decima survey conducted for The Canadian Press indicates that 68

per cent of those asked used social media in 2011, up from 57 per cent two years ago. THE CANADIAN PRESS

Jailed blogger's mom goes on hunger strike

The mother of a prominent blogger jailed by Egypt's ruling generals has gone on a hunger strike to protest her son's detention and the military's increasingly heavy-handed approach against critics.

The strike by Alaa Abdel-Fattah's 55-year-old mother could turn into a major embarrassment for Egypt's military three weeks ahead

of landmark parliamentary elections, the first since the uprising that toppled Hosni Mubarak nine months ago.

Military prosecutors ordered Abdel-Fattah, 29, detained for 15 days on Oct. 30 after he refused to answer questions over his alleged role in sectarian clashes three weeks earlier that killed 27 people, mostly Christians. His detention

is widely viewed as an escalation in the military's drive to discredit activists who played a key role in the revolt.

Abdel-Fattah is an icon of the 18-day uprising that ended Mubarak's 29-year regime, and has been critical of the generals as well as Field Marshal Hussein Tantawi, the nation's military ruler. THE ASSOCIATED PRESS

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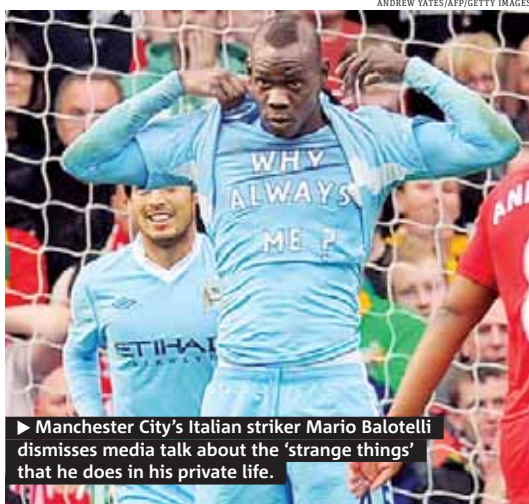
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Quirky, but not crazy

► Soccer star wants media to focus on his actions on the pitch, not his private life

Mario Balotelli insists he's not crazy, although he does acknowledge that he "can do strange things" from time to time.

For example, Balotelli recently had to evacuate his house in England after fireworks were let off in his bathroom. And he has been questioned by Naples prosecutors over a visit with the Camorra crime syndicate, allegedly saying he saw

bags of cocaine piled on a table. Speaking at Italy's training camp yesterday, the Manchester City striker was also asked about constantly ending up pictured on the gossip pages with an array of women.

The media "tends to talk more about my private life than what I do on the pitch. It's normal but it bothers me," Balotelli said.

With Antonio Cassano

and Giuseppe Rossi both out long-term because of injury, Italy is counting on Balotelli to lead its attack in friendlies at Poland on Friday and at home against Uruguay four days later.

The 21-year-old Balotelli has scored five goals for Premier League leader City this season but is still yet to find the target in five appearances with Italy.

"I always have pressure

on me," Balotelli said. "I'm ready to take responsibility."

The son of Ghanian immigrants, Balotelli often faced racial taunts when he played for Inter Milan despite being born and raised in Italy.

"Racism is ignorance. I can only hope that certain things don't happen again," Balotelli said.

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► Italian Prime Minister Silvio Berlusconi, left, with President Giorgio Napolitano.

Markets anxious over Italy

► Investors want Berlusconi gone ► PM has promised to resign soon

With markets tumbling around the globe, Italy's president promised emphatically on Wednesday that Silvio Berlusconi will step down soon as premier and lavished honours on a leading economist, who instantly became Berlusconi's presumed successor.

Investors fear Italy might follow Portugal and Greece into begging for a bailout from its partners in the euro. But Italy's 1.9

trillion euro debt is far too great for Europe to cover.

On Tuesday, Berlusconi announced he would step down after Parliament passes a series of economic reforms to stave off financial ruin in Italy. But some worry the wily premier will try to stay in power.

On Wednesday, with the markets in turmoil, Italian President Giorgio Napolitano in effect put

Berlusconi on notice that he and the world's markets are expecting Berlusconi to keep his word and leave soon.

Parliamentary whips feverishly worked out a timetable to ensure that the Italian Senate would give final approval Friday to the package of measures, aimed at stimulating growth and reining in debt, according to state TV. It said the lower house

would do the same on Saturday, meaning Berlusconi could be out before the weekend is over.

In a surprise move, Napolitano named Mario Monti, who runs the prestigious Bocconi University in Milan, as senator-for-life.

His new title appeared intended to move him into position to try to form a post-Berlusconi government. **THE ASSOCIATED PRESS**

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Country's next leader up in the air

There has been intense speculation as to who will take over from Papandreou, but Greece's outgoing Prime Minister George Papandreou premier offered only vague hints as to who it might be.

"It was clear that to achieve this effort we would have to agree on a person who would unite us

and would be supported by all of us," he said.

Former European Central Bank vice-president Lucas Papademos had been widely tipped as the strongest candidate for interim prime minister. Another candidate emerged: parliament speaker Philippos Petsalnikos.

THE ASSOCIATED PRESS

Greek drama intensifies

- Talks on coalition break down
- Papandreou calls for unity

Greece's laborious power-sharing talks disintegrated into chaos yesterday, with political leaders failing to name a new prime minister who will take over from George Papandreou and head an interim government, despite three days of negotiations.

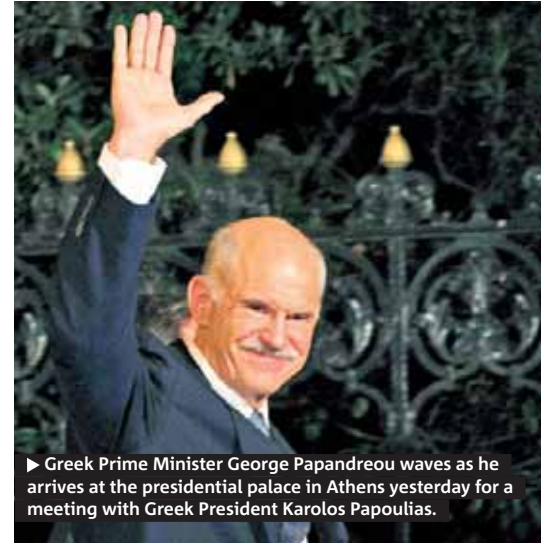
The latest setback in more than a week of political turmoil came less than an hour after Papandreou made a televised address to the nation saying Greece's political parties were joining together to save the debt-ridden country from rapidly approach-

ing bankruptcy.

But less than an hour later, Giorgos Karatzaferis, the head of a small right-wing party, stormed out of political leader talks being chaired by the country's president, Karolos Papoulias. The president's office scheduled another meeting for this morning — and a deal seemed as far away as ever.

Karatzaferis told journalists outside the presidential mansion that the other two political leaders had used "trickery" — but he provided no details.

THE ASSOCIATED PRESS



► Greek Prime Minister George Papandreou waves as he arrives at the presidential palace in Athens yesterday for a meeting with Greek President Karolos Papoulias.

Market moment

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Indigo sells stake in Kobo

The head of Indigo, Canada's biggest book retailer, says selling its stake in the Kobo e-reader to a Japanese electronic commerce company will put enough financial kick behind the device to help it compete with the tablets of major competitors Apple and Amazon.

Heather Reisman, CEO of Indigo Books & Music Inc., said Wednesday that Tokyo-based Rakuten Inc. is an ideal fit to take on the 51-per cent ownership stake in Kobo.

She says the Japanese firm has the ability to invest the \$100 million to \$150 million that's needed over the next year to advance Kobo's technology

and grow its customer base.

"We reached a point where we felt that the best thing for Kobo and Indigo ... (was) to make sure they're positioned for the biggest possible success," Reisman said in a phone interview.

"One big part of my decision to go ahead with the sale at this moment was because I believed firmly that the best future for Kobo would be with a partner of the scale of Rakuten."

The transaction comes as more readers turn to digital books instead of traditional hardcovers and paperbacks, which has put a pinch on many retailers, including Indigo. U.S. bookstore chain Borders, which owned 11

per cent of Kobo and went stores posted a 4.3 per cent

bankrupt earlier this year as its sales dwindled. Indigo has worked

to avoid such a drastic downturn in its sales by re-focusing its operations to include toys, gifts and other household decor items.

On Tuesday, the company reported a loss of \$40.4 million in the second quarter as Indigo and Chapters

decrease in revenue, while sales at its smaller format stores were down 2.9 per cent. Sales in the Kobo division were up 219 per cent, marking one of the few bright spots in the quarter.

THE CANADIAN PRESS



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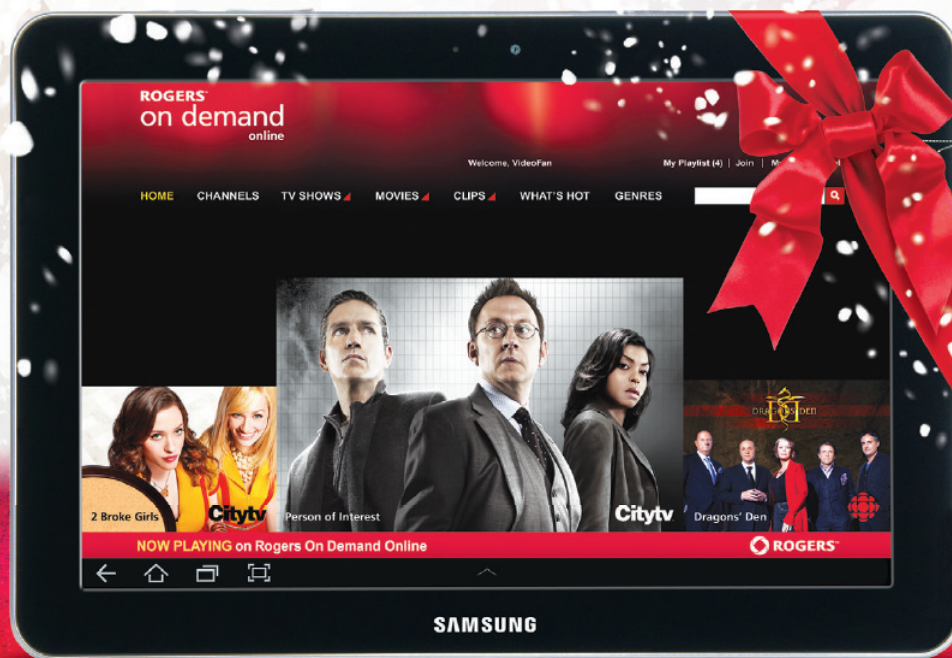
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HE SAYS ...

JOHN MAZEROLLE
METRO



as studying.

It seems calm — midterms gone, a few weeks to term finals — but I remember this as the moment you had time to contemplate that you were doomed.

At first there's new-year buzz: Students observe who's become hot and/or cool, learn the new consensus jean-waistline height, and decide when to wow their peers with the three guitar chords they've been practising.

Then midterm marks painfully remind you: Time to prepare for a long grind of studying or pack it in.

Well, relax students: I humbly suggest you can do both.

As a veteran of high school, university AND comedy college, I'm qualified to point out that every school skill you pick up can be performed after graduation by iPhones, spell-checkers and whoopee cushions.

You'll forget most of the "facts" you learn. But if you use class as a springboard for half-assedness, well, that's the type of skill a person will use for the rest of his or her

life. "Teach someone a fib, they'll cheat for a day," the old saying goes. "Teach them how to fib and they'll cheat forever."

How To Study Without Really Trying:

- Find a good spot: The ideal area is a soundproof spot in your own room so you can lock your door and put a "DO NOT DISTURB" sign on it while you play Call of Duty: MW3.

- Break studying into segments so you don't get overwhelmed: For instance, if you plan to watch The Simpsons before you start your homework, you might

say: "OK, I just have to watch Bart wake up and realize he's joined the Junior Campers. Then it will be no time at all until Homer finds the Krusty Burger." In this way, even all-night Simpsons marathons won't seem too daunting.

- Study the hardest stuff first: This will give you the illusion that you're getting smarter as you go.

- Highlight everything: I don't know why it works, but all the smart kids highlight so often that their books increase in weight. You should follow suit, as a status thing.

- Get help from other people: Any experienced student knows the most effective way to learn new information is to grill smart people on the day of the test. Find a nerd in the morning, grab their arm and ask them questions in a tone of voice usually not heard outside of 911 calls.

- Above all, don't panic. Schools never let students fail the same grade twice. Technically, you could ignore your teachers from the first day of Grade 1 and be on your way to a 24-year vacation topped off with a diploma.

By the time you hit 30, you should really have those guitar chords nailed.

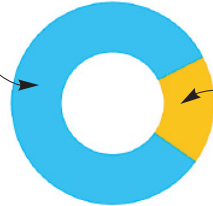
This time of year can be stressful for students, especially those who foolishly become preoccupied with pointless extracurricular activities, such



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Should Remembrance Day be a national holiday?

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RESPECT
FOR PAST
SACRIFICES



17%
NO, I CAN
REMEMBER
AND WORK AT
THE SAME
TIME

Local tweets



► **@SweetJimmyC:** After 19 years @PaulMcCallum4 is finally an Outstanding Player nominee. Nice work P-Mac.

► **@Janebouey:** 2 yrs since people forced out of Little Mountain Housing - 2 yrs later land sits empty. #vanelxn yfrog.com/obeoeoj

► **@ItsRyanClayton:** Advance polls are now open in Vancouver. Let the voting commence!

► **@VancityBuzz:** Congrats to Eric Hassli of the #Vancou-

ver Whitecaps for being nominated for an MLS award! bit.ly/t5McRQ

► **@Gordmac980:** Security is tight at every entrance to courthouse as #OccupyVan protesters make their way inside for hearing into City injunction.

► **@davidrtracy:** Two police attacked and bitten by occupy Vancouver protesters. Is it wrong to hope its begun? #zombieapocalypse

► **@boldbaldy:** Occupy Vancouver camp prepares for injunction soc.li/woGuvvZ Let's obey the law! That includes also the brave people in uniforms!

Letters

VETERANS. RE: Homeless veterans in fight for their lives, published Nov. 8

As a Second World War veteran, 90 years old on March 10, 2012, this item caught my eye. It points out several salient bits of information. I too believe vets would benefit from having more Veterans Affairs outreach workers coming to them and explaining how to qualify for government support.

Vets simply do not know because the information is not out in the public.

A further concern is that while Second World War veterans may qualify for help if they have a disability related to their war experience, what happens if someone who got a one-time payout develops a service-related illness later in life?

Finally, Veterans Affairs Canada in their publication, Salute, publishes a column called "How to Reach Us." Somehow that should appear in most federal government offices.

And, regional offices should have funding for an individual and or individuals who are available for on-site meetings with veterans.

JOHN BEECHING
VANCOUVER



photo of the day



► This photo titled Children: Strength and Power, was submitted to the Happiness category by Daniel Benitez from Mexico.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Occupy Denver has more bark than bite

Occupy Denver has elected the most unlikely of leaders: A dog.

The three-year-old border collie named Shelby was elected in response to what the protesters said was Denver Mayor Michael Hancock's "insistence" the movement elect a leader.

"Shelby is closer to a person than any corporation: She can bleed, she can breed, and she can show emotion. Either Shelby is a person, or corporations aren't people," Occupy Denver's



► Shelby will have a translator for "all legal and police matters."

website stated.

Shelby will be introduced to the mayor and Colorado's governor and she will be leading Saturday's Occupy Denver march "against Corporate Personhood," the site said.

She "invites all other civic-minded dogs (and their leash-holders) to join" the march, the protesters say.

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Synopsis

The Christmas movie season promises a little something for everyone. There's family movies like *The Muppets*, Oscar bait like *My Week with Marilyn*, and even a silent movie in wide release! This week the Reel Guys look ahead to their most anticipated movies of November and December.



► Michelle Williams' portrayal of Marilyn Monroe in *My Week With Marilyn* may win her the Oscar Monroe always dreamed of.

'Tis the season for the big screen

Reel Guys

**RICHARD
CROUSE &
MARK
BRESLIN**

SCENE@METRONEWS.CA



► Christmas movie season is here ► Crouse and Breslin share their yuletide picks

Richard: Mark, the film critic in me really wants to see *Carnage*, the Roman Polanski adaptation of the Broadway hit about two couples who get together to discuss an altercation between their children. I expect the all-star cast's — Kate Winslet, John C. Reilly, Christoph Waltz and Jody Foster — heavy-duty acting chops may earn an Oscar nod or two and have heard there's even Oscar buzz for Polanski. What are you most excited about?

Mark: Richard, I'd like to agree with you about *Carnage*, but I saw the play on Broadway and wasn't im-

pressed. However, I like everything Roman Polanski has ever done — well, ahem, almost everything — and maybe this will be an example of a movie improving on the play. I am looking forward to *Young Adult*, and here's why: 1. screenplay by Diablo Cody. 2. directed by Jason Reitman. 3. starring Charlize Theron. 4. lots of bad behaviour. I also look forward to the new installment of *Mission Impossible: Ghost Protocol*. Am I a fool?

RC: Not at all! I'm excited to see what Brad Bird, the Pixar wizard behind *The Incredibles*, can do with

live action and a few hundred million dollar budget. I'm also curious to see how the Cold War paranoia of *Tinker Tailor Soldier Spy* plays at Christmas, 2011. I want to know if playing in the Pottverse for the last few years has dulled Gary Oldham's edge. I'm hoping for some of his old-school Romeo is *Bleeding* attitude!

MB: I don't know... those John Le Carre adaptations can be pretty dry. What about *My Week With Marilyn*? Sounds pretty juicy to me.

RC: It'll certainly have some juice with Oscar vot-

ers I think. The Academy loves biopics and while Michelle Williams might not have been the obvious choice to play Marilyn Monroe, the early word is that she might be in line to win the Oscar that Marilyn always wanted in real life. I think Williams's biggest competition will be Meryl Streep as Margaret Thatcher in the *Iron Lady*.

MB: And the trailer for the Streep film is so good that it makes me want to line up for the movie today! And it would make a perfect double bill with the J. Edgar Hoover biopic at a Tea Party conference.



Scene in brief



Twins, gods and a legendary FBI director will hit screens tomorrow. Jack and Jill has funnyman Adam Sandler taking on duelling roles as Jack and his twin sister Jill. *The Immortals* makes Greek mythology sexy with its hot, young stars, and Leonardo DiCaprio is generating Oscar buzz for his turn as J. Edgar Hoover in *J. Edgar*. Go online to metronews.ca/movies tomorrow to read reviews of all these films. **METRO**



Sales rise for *Assassin of Spies*, a novel pulled by publisher over plagiarism complaints



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Eastwood makes the day

► At 81, film legend still has a commanding presence ► Admits being fascinated by Hoover

RICHARD CROUSE
SCENE@METRONWS.CA

I'm tempted to borrow a phrase from MGM to describe the star-studded reception before the first-look screening of J. Edgar on Monday night in midtown Manhattan.

The studio boasted having "more stars than there are in the heavens," but this wasn't an MGM party, it was a Warner Bros soirée to celebrate their latest Oscar hopeful – a biopic about the controversial and enigmatic J. Edgar Hoover, who spent five decades as director of the FBI.

To my left 60 Minutes reporter Steve Croft worked the room. In another corner Alan Cummings chatted quietly to friends. David Byrne mixed and mingled and Tower Heist co-star Judd Hirsch snacked on sashimi from the sushi bar.

Behind the food stations framed posters of some of the biggest stars from movie history looked down on the party goers.



► Clint Eastwood and Leonardo DiCaprio teamed up for J. Edgar.

They are keepsakes from the Warner Bros legacy; a reminder that the company has been making movies for almost as long as there have

been movies to make. Then a real life reminder of that legacy walked into the room. Clint Eastwood, J. Edgar's director, quietly slipped into the party. Well, as quietly as one of the most iconic movie faces of all time can slip

into a room. With him was Leonardo DiCaprio, Armie

Hammer ("Not Arm and Hammer, but Armie Hammer," Eastwood jokes) producer Brian Grazier and Oscar winning screenwriter Dustin Lance Black. The weight shifts in the room, as though Clint's star power has a gravitational pull all its own. At 81, he's more weathered than when he made Dirty Harry a household name, but it is impossible to look at him and not have

memories of "Go ahead, make my day..." or the Man with No Name character awakened, and everyone at the party feels it.

Inside the screening room he introduces his J. Edgar actors and creative team. After a long list of names he pauses and says, "that takes my memory as far as it will go." Holding for the laugh, he continues, "I've always been curious about J. Edgar Hoover... and I still am."

That's it. Like his characters, Eastwood's a man of few words. Or maybe it was the hour; it was only eight o'clock. But as someone sitting behind me joked, "He only works from nine to five."

I guess when you're a legend you can set your own hours.

Movie reviews



Margin Call

Genre: Thriller

Director: J.C. Chandor

Stars: Zachary Quinto, Stanley Tucci, Kevin Spacey, Martin Baker

★★★★

Members of the public who suffered great personal losses in the economic meltdown weren't the only ones in pain. There was a special place in office tower hell for fat cats behind the meltdown that included but was not limited to survivor guilt, fear, anxiety, moral compromise, thoughts of suicide and sleepless nights devoted to manipulating the truth. Chandor's excruciating 24 hours with such a team is a kind of hell in itself, but it's a smart and worthy ride that feels a tad vengeful and totally exciting. Not a single chase, gunshot, or special effect needed as we witness the dramatic realisation of Chicken Little's worst nightmare.

● ANNE BRODIE

Films directed by

Clint Eastwood

- Bronco Billy
- Unforgiven
- Letters from Iwo Jima
- Gran Torino
- Million Dollar Baby





► Robert Pattinson said he cut out junk food and beer to get in shape for Breaking Dawn: Part 1.

Making brawn

► Twilight star Robert Pattinson shares how he got buff for his stripped-down scene in Breaking Dawn

EMMA
BJÖRKMAN
SCENE@METRONWS.CA
METRO WORLD NEWS IN STOCKHOLM

In the fourth Twilight film, Breaking Dawn: Part 1, newlyweds Edward (Robert Pattinson) and Bella (Kristen Stew-

art) finally go all the way. In preparation for the stripped-down honeymoon scene, Robert Pattinson put in four months of solid time at the gym.

"I very rarely exercise and really don't like going to the gym so I had to make it extreme. I had to cut out beer and cut out junk food, which is basically my entire life and I had to replace that with going to the gym and working out basically all day, every day. I went to

Robert's record

There are rumours that Pattinson is going to release an album, but he denies it.

► "I'm not making a record. I record stuff all the time but have no intention to release it."

the gym pretty much at four in the morning and worked out for two hours and then went to work. It was absolutely exhausting," he says.

But has the actor, also known as Edward Cullen, kept up his workout routine?

"The day I didn't have to take off my shirt, that was it. No more gym," he says laughing.

Ashley Greene's character, Edward's sister Alice, also shows a new side in the movie, albeit a more emotional one. "You will see Alice being emotionally tortured and a little tormented inside. She wants to protect and support Bella and the two emotions are in conflict. That was one of the great things of having a saga... to develop your character," she says.



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► Getting into god-like shape for Immortals wasn't an easy task ► The guys dish on bringing perfection to life

NED EHRBAR
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METRO WORLD NEWS IN HOLLYWOOD

The "joys" of the diet:
Stephen Dorff (Stavros): "The crew would break for lunch and we couldn't go near it. We would get these little stunt meals in this box and we'd be hungry right afterwards. It was very clean, no carbs. To have no body fat you have to eat ridiculously clean. It's very boring — no salt, none of the good stuff. So on my day off I

would go to McDonald's, ice cream places and pizza places and eat until the point that I feel sick. Because if you are eating a certain way for a couple of months, your body reacts weird when it gets a quarter-pounder with cheese.

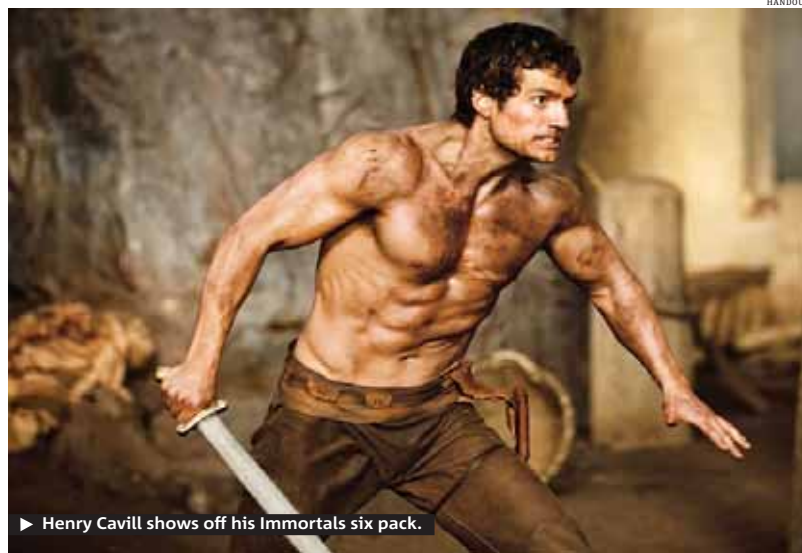
The downside of looking so good:

Stephen Dorff: "The only problem was I had crazy abs that wouldn't go away. For my next movie, I had to not look like I was in a gym. So it was complicated. I had to

learn to stick my stomach out so I could hide my Immortals body. Took a while. You have muscle memory when you work out that hard."

Luke Evans (Zeus): "I now have a bone that's raised on my shoulder, which I never had before, which is like a scapula or clavicle tear. It's never gone down. I just have this strange structural skeletal problem now, thanks to Immortals."

Letting the training help



► Henry Cavill shows off his Immortals six pack.

with the acting:

Luke Evans: "I trained for seven weeks and I had to do it in fast-paced training. It makes you stand differently. You look yourself in the mirror and you look different. I saw my body change in seven weeks. It does definitely

do something to inform your character in a sort of subliminal way. It definitely had an effect for me."

Henry Cavill (Theseus):

"It's like wearing a permanent costume. Before work when you look in

the mirror — or even before looking in the mirror — you do feel different. A part of the character is more expressive in you and so when you're in that kind of shape, I essentially was wearing my costume because I barely had no costume."

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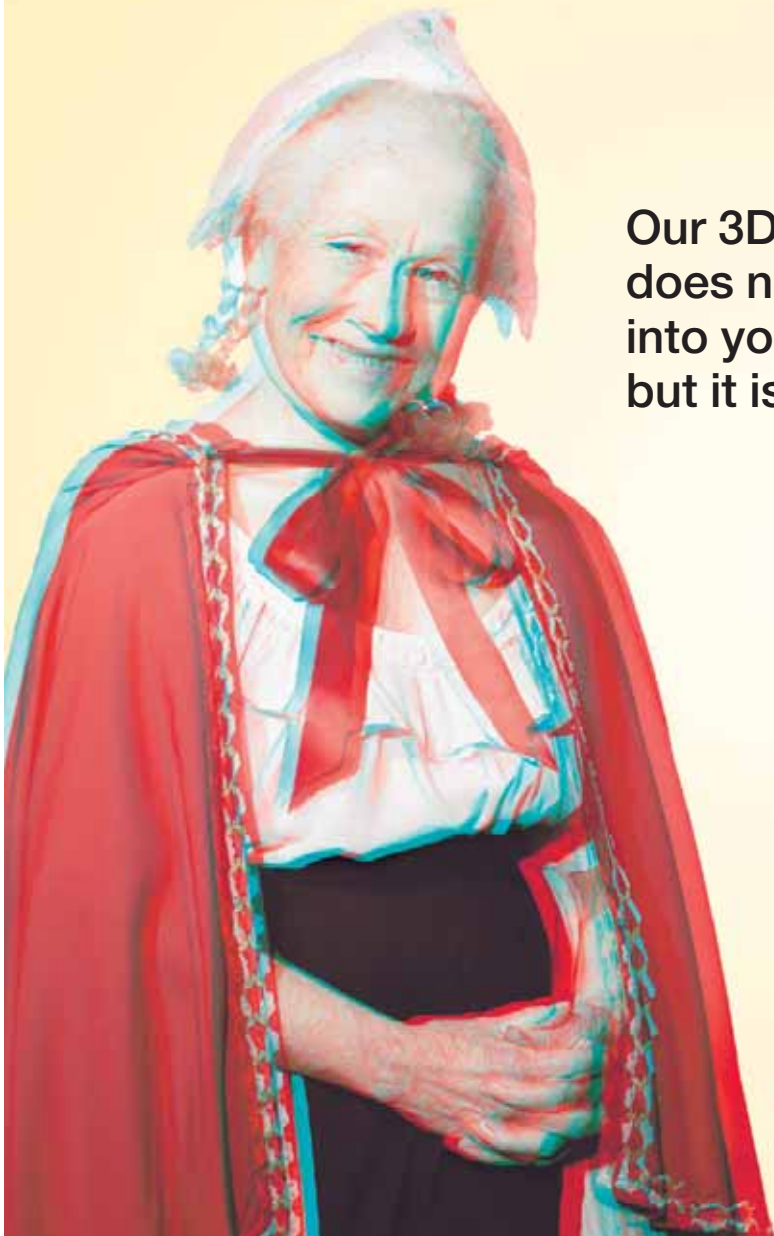
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LANGLEY MALL: 5501 204th St. | 604-514-1774

AP PHOTO/MATT SAYLES



► Puerto Rican actress Rita Moreno won an Oscar for the film version of West Side Story.

Groundbreaking Latina actress keeps on dancing

► Rita Moreno nears her 80th birthday ► But she's still on stage six nights a week and stars in a TV show

As Rita Moreno nears her 80th birthday, she's singing and dancing six nights a week in the biographical show Life Without Makeup.

Moreno, who debuted on Broadway at the age of 13 in Skydrift, won an Oscar for her portrayal of Anita in the film version of West Side Story, as well as an Emmy, a Tony, a Grammy and the Presidential Medal of Freedom for her accomplishments in the arts.

Her Anita portrayal helped other Latino artists get work in Hollywood, particularly because a non-Hispanic actress, Natalie Wood, had the lead role of Maria in West Side Story and another white actor, George Chakiris, was cast as the Puerto Rican gang leader Bernardo.

Moreno said in an interview from her home in Berkeley, Calif., that she was happy to see so many more Hispanic faces and names in film, television and theatre.

"But I love what Ricardo Montalban once said, because it was very precise," she added, quoting the late Mexican actor. "He said one day that the door was ajar, but not completely open. And that still exists



► West Side Story comes out on Blu-ray Nov. 15.

... We have known artists in the English-speaking world that are Latin artists, but not enough."

West Side Story comes out on Blu-ray Nov. 15 to celebrate its 50th anniversary. And Moreno would like to see more song and dance on screen. "I'd love to see more musicals because today they're very rare — you barely find them," she said.

Besides her run at The Berkeley Repertory Theatre, Moreno also plays Fran Drescher's Jewish mother in the TV series Happily Divorced, which starts shooting its second season in January.

"I love working with Fran. She is very delicious, warm, kind ... a good per-

son, very noble," she said. Moreno has had diverse roles during her career, from a congresswoman to a psychologist to a nun to a liberated office worker to a senator to a doctor.

"Because I've been around so long ... I've gotten to do a lot of things that a lot of Latinos have not been able to do," she said. "Also I think I'm a character actress, more than anything, and I think that is one of the reasons I get other parts that don't have anything to do with being Latina necessarily."

Her birthday is Dec. 11 and she plans to celebrate her eight decades of life with a "very big party" at her house.

THE ASSOCIATED PRESS

IMMORTALS

GET AROUND

Pictured at the right are eight of the biggest names from *IMMORTALS*. They are shown as they appear in the film, a classic tale of good and evil, which opens November 11. You may know them from their work in other films or on TV. Here's hoping, because we've given you another character they have played at left. It's up to you to match the character with the actor or actress.

Match Them Up

1. Randy The Ram Robinson
(Oscar nominee)

2. Aramis
(think Musketeers)

3. Emmett Cullen
(Twilight time)

4. Latika (going Ape)

5. Charles Brandon
(Tudor times)

6. Mr. Ollivander
(those Potter films)

7. Alison Bromley
(think Vampires)

8. Jason Tanner
(Beachy, but no bum)

LUKE EVANS IS 1, HENRY CAVILL IS 2, MICKEY ROURKE IS 3, KELLAN LUTZ IS 4, FREIDA PINTO IS 5, STEVE BYERS IS 6, JOHN HURT IS 7, and ISABEL LUCAS IS 8.

STARTS EVERYWHERE NOVEMBER 11

IN THEATRES, REAL D 3D, DIGITAL 3D AND 2D

RELATIVITY
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ALLIANCE

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 11 TO THURS., NOV. 17. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

VANCOUVER

DUNBAR THEATRE

4555 Dunbar Street, 604-222-2991

Puss in Boots 3D (G) Fri-Sun 12:30-2:30 4:30-7:30 Mon 12:30-2:30 4:30-7:30 Tue-Thu 7

FIFTH AVENUE CINEMAS

2110 Burrard Street, 604-734-7469

Anonymous (PG) Fri-Tue 13:45-6:50 9:30 Wed-Thu 13:45-9:30
The Ides of March (14A) Fri-Thu 1:45-4:30 7:10-9:20

Margin Call (14A) Fri-Thu 2:45-7:30 9:45
Martha Marcy May Marlene (14A) Fri-Wed 1:30-4:15 7:20-9:25 Thu 1:30-4:15 9:25

The Skin I Live In (18A) Fri-Thu 1:15-4:47 9:35

GRANVILLE

855 Granville St., 604-684-4000

Circumstance (PG) Dolby Stereo Fri 6:35-9:10
Dolby Stereo Sat-Sun 4:10-6:35 9:10 Dolby Stereo Mon-Thu 5:50-8:40

Contagion (PG) Dolby Stereo Fri 6:40-9:15 Dolby Stereo Sat-Sun 4:15-6:40 9:15 Dolby Stereo Mon-Thu 5:55-8:20

Crazy, Stupid, Love. (PG) Dolby Stereo Fri 6:45-9:30 Dolby Stereo Sun 4:05-6:45 9:30 Dolby Stereo Mon-Thu 5:40-8:15

Johnny English Reborn (PG) Dolby Stereo Fri 6:55-9:35 Dolby Stereo Sat-Sun 4:25-6:55 9:35 Dolby Stereo Mon-Thu 5:30-8:25

Starbuck (14A) Dolby Stereo Fri 6:50-9:20 Dolby Stereo Sat-Sun 4:50-9:20 Dolby Stereo Mon-Thu 5:45-8:30

Take Shelter (PG) Dolby Stereo Fri 7:40-9:40 Dolby Stereo Sat-Sun 4:20-7:40 9:40 Dolby Stereo Mon-Thu 5:35-8:10

The Thing (18A) Dolby Stereo Fri 7:05-9:25 Dolby Stereo Sat-Sun 4:30-7:05 9:25 Dolby Stereo Mon-Thu 6-8:35

OKA RIDGE

650 West 41st Ave., 604-263-1944

In Time (PG) Digital Presentation, Dolby Stereo Digital Fri-Sun 1:42-7:10 9:35 Digital Presentation, Dolby Stereo Digital Mon-Wed 5:20-8:10 Digital Presentation, Dolby Stereo Digital Thu 5:20

Puss in Boots (G) Digital Presentation, Dolby Stereo Digital Fri-Sun 1:20

Puss in Boots 3D (G) Dolby Stereo Digital Fri-Sun 4:7-9:25 Dolby Stereo Digital Mon-Thu 5:7-9:45

Tower Heist (PG) Digital Presentation, Dolby Stereo Digital, No Passes Fri-Sun 1:10-4:10 6:50-9:15 Digital Presentation, Dolby Stereo Digital, No Passes Mon-Thu 5:10-8

The Twilight Saga: Breaking Dawn Part 1 (STC) No Passes, Dolby Stereo Digital Thu 10

PACIFIC CINÉMATHEQUE

1131 Howe Street, 604-688-3456

cinematheque.bc.ca

The Big Shakedown (STC) Sat-Sun
Crazy Love (STC) Wed 7:30

Native Land (STC) Mon 7
No Films Showing Today (STC) Tue

Outfest Legacy Project (STC) Mon 8:05
Rendezvous With Annie (STC) Mon 6:30

Samuel Beckett's Film (STC) Thu
Sleep My Love (STC) Sat 7

Strangers in the Night (STC) Sat 8:50 Sun 8:05
Waiting for Godot (STC) Thu 7

War Made Easy: How Presidents & Pundits Keep Spinning Us to Death (STC) Fri 8

PARK THEATRE

3440 Cambie Street, 604-876-2747

J. Edgar (PG) Fri 12:50-4:7 9:45 Sat 4:7-9:45 Sun-Thu 12:50-4:7 9:45

The Metropolitan Opera: Anna Bolena Live (STC) A.M. Sat 9

RIDGE THEATRE

3131 Arbutus Street, 604-738-6311

The Rum Diary (PG) Fri 4:7-9:30 Sat 1:30-4

Vancouver

Jewish Film Festival (STC) Fri-Thu

RIO ON BROADWAY

1660 E. Broadway, 604-878-Film

riotheatre.ca

Billy Bishop Goes to War (PG) Fri 7 Sat 2
Fear and Loathing in Las Vegas (14A) Fri 12

Hedwig and the Angry Inch (14A) Thu 9:30
The Rum Diary (PG) Fri 9:30 Sat-Sun 4:45-7:30 Mon 9:30 Tue-Wed 7:30

Some Like It Hot (STC) Thu 7
Tegan and Sara: Get Along (STC) Mon 7

SCOTIABANK THEATRE

VANCOUVER

900 Burrard St., 604-630-1407

50/50 (14A) Fri-Sat 2:10-4:40 7:20-9:50 Sun 5:7-20:40 Mon-Tue 2:10-4:40 7:20-9:50 Wed 2:10-4:40 9:50 Thu 2:10-4:40 7:20

Immortals 3D (18A) Fri 12:24-5:15 7:30-8:10 10:45 10:45 Sat 12:20-4:40 7:30-8:10 10:45 10:45 Mon-Wed 1:30-4:15 7:45-9:50 10:30 Thu 1:30-4:15 7:45-9:50 Sat 2:40-5:15 7:30-8:10 10:45

In Time (PG) Fri-Sun 12:30-5:10 7:50-10:25 Mon-Thu 2:45-7:25 10:05

Jack and Jill (PG) No Passes Fri-Sun 12:45-3:50 8:10-10:35 No Passes Mon-Tue 13:15-5:35 8:10-10:35 No Passes Wed-Thu 1:15-5:10 8:10-10:35

The Metropolitan Opera: Anna Bolena - Encore (STC) Sat 9:55

Paranormal Activity 3 (14A) Fri 1:20-3:35 6:8-20:10 3:5 Sat 1:20-3:35 6:8-20:10 3:5 Sun 1:20-3:35 6:8-20:10 3:5 Mon-Wed 1:15-3:35 6:8-10:10 2:25 Thu 1:15-3:35 10:25

A Park for All Seasons (STC) Sun 1
Puss in Boots (G) Fri-Sun 2:45 Mon-Thu 1:45-4:30 10:45 Sat 1:20-3:45 6:10-8:30 10:45 Mon-Thu 1:20-3:40 6:10-8:15 10:45

Tower Heist (PG) Fri-Sun 12:05-2:30 5:7-45 10:20 Mon-Thu 1:50-4:25 7:05-9:45

The Twilight Saga: Breaking Dawn Part 1 (STC) No Passes Thu 10:10-4:05

A Very Harold & Kumar 3D Christmas (18A) Fri-Sun 12:30-2:50 5:10-7:40 10 Mon-Thu 2:30-5:7-10 10:25

VANCITY THEATRE

Vancouver International Film Centre

1181 Seymour Street,

604-683-Film

vifc.org

Hell and Back Again (STC) Fri 8:30 Mon 6:30 Tue 8:20 Thu 6:30

Lemmy (STC) Mon 8:30
Melies the Cinemagician (STC) Sat 7:30 Sun 2:7-30

No Films Showing Today (STC) Wed
We Were Here (STC) Fri 6:30-8:40 Sat-Sun 5 Tue 6:30 Thu 8:20

NORTH SHORE

ESPLANADE 6

200 West Esplanade, 604-983-2762

Anonymous (PG) Fri-Sun 12:6-25 Mon-Thu 6:25
The Ides of March (14A) Fri-Sun 12:45-4:6 5:0-9:15 Mon-Thu 6:50-9:15

Immortals (18A) Fri-Sun 12:20-3:40 7:40 Mon-Thu 7:40

J. Edgar (PG) No Passes Fri-Sun 12:10-3:25 6:30-9:45 No Passes Mon-Thu 6:30-9:45

Paranormal Activity 3 (14A) Fri-Sun 3:15-9:20 Mon-Thu 9:20

A Very Harold & Kumar Christmas (18A) No Passes Fri-Sun 12:35-3:50 7:10-9:35 Mon-Thu 7:10-9:35

The Way (PG) Fri-Sun 12:05-3:30 6:40-9:30 Mon-Thu 6:40-9:30

PARK & TILFORD

333 Brooksbank Ave., 604-985-3911

In Time (PG) Fri-Sun 4:30-10 Mon-Thu 9:40
Jack and Jill (PG) No Passes Fri-Sun 1:10-3:40 7:9-20 No Passes Mon-Thu 7:9-15 Star & Strollers Screening, No Passes Thu 1

Johnny English Reborn (PG) Fri-Sun 1:50-7:10 Mon-Thu 7:10

The Metropolitan Opera: Anna Bolena - Encore (STC) Sat 9:55

Moneyball (PG) Fri-Sun 1:35-6:40 9:40 Mon-Thu 6:30-9:30

Puss in Boots 3D (G) Fri-Sun 1:30-4:10 6:30-9:10 Mon-Thu 6:50-9

The Rum Diary (PG) Fri 1:20-4:6 5:0-9:40 Sat 4:6 5:0-9:40 Sun 1:20-4:6 5:0-9:40 Mon-Wed 6:40-9:20 Thu 6:40 Star & Strollers Screening Thu 1

Tower Heist (PG) Fri-Sun 1:40-4:20 6:45-9:50 Mon-Thu 6:45-9:10

The Twilight Saga: Breaking Dawn Part 1 (STC) No Passes Thu 10

RICHMOND

SILVERCITY RIVERPORT

14211 Entertainment Way,

604-272-7280

The Ides of March (14A) Fri-Sat 1:40-4:40 7:10-10:35 Sun 1:40-4:40 7:10-10:35 Mon-Wed 1:25-4:10 6:50-9:35 Thu 1:25-4:10 6:50

Immortals (18A) Fri-Sun 12:45-3:40 6:40-9:30
Immortals 3D (18A) Fri-Sun 12:45-3:40 6:40-9:30 Mon-Thu 1:20-4:20 7:15-10:25

In Time (PG) Fri-Thu 12:40-4:70 5:10-10:10
J. Edgar (PG) No Passes Fri-Sun 12:50-4:05 7:20-10:40 No Passes Mon-Tue 12:35-3:50 7:10-10:30 No Passes Wed 12:35-3:50 7:10-10:30 No Passes Thu 12:35-3:50 7:10-10:30

Jack and Jill (PG) No Passes Fri-Wed 1:10-3:50 6:50-9:35 No Passes Mon-Tue 13:15-5:35 8:10-10:35 No Passes Wed-Thu 1:15-5:10 8:10-10:35

The Metropolitan Opera: Anna Bolena - Encore (STC) Sat 9:55

Paranormal Activity 3 (14A) Fri-Thu 1:30-4:35 7:10-9:40

Moneyball (PG) Fri-Thu 9:25
Paranormal Activity 3 (14A) Fri-Thu 1:30-4:35 7:10-9:40

A Park for All Seasons (STC) Sun 1
Puss in Boots (G) Fri-Sun 12:50-3:30 6:25

Puss in Boots 3D (G) Fri-Thu 12:30-2:55 5:20-7:45 10:05

Puss in Boots: An IMAX 3D Experience (G) Fri-Wed 12:15-2:35 4:55-7:15 9:35
RA. One (14A) Fri-Thu 1:10-4:50-9

Real Steel (PG) Fri-Thu 1:20-4:15 7:30-10:30 Sat 4:15-7:30-10:30 Sun 1:20-4:15 7:30-10:30 Mon-Wed 1:05-4:10 7:10-10:05 Thu 1:05-4:10

The Rum Diary (PG) Fri-Sun 1:35-4:30 7:25-10:45 Mon-Wed 12:55-3:55 7:10-10:10 Thu 3:55-7:10-10:10 Star & Strollers Screening Thu 1

The Three Musketeers 3D (PG) Fri-Wed 12:55-3:45 6:45-9:50 Thu 12:55-3:45 6:45

Tower Heist (PG) Fri-Sun 12:25-1:15 3:35-4:25 6:35-7:35 9:55-10:20 Mon-Thu 12:25-1:15 3:35-4:25 6:35-7:35 9:55-10:15

The Twilight Saga: Breaking Dawn Part 1 (STC) No Passes Thu 10

A Very Harold & Kumar 3D Christmas (18A) Fri-Sun 12:35-3:15 7:45 Mon-Thu 1:25-4:10 7:30-10:35

A Very Harold & Kumar Christmas (18A) Fri-Thu 12:35-3:15 7:45

BURNABY

DOLPHIN CINEMAS

4555 E. Hastings St., 604-293-0332

Puss in Boots (G) No Passes Fri-Sun 1:30-3:15 5:6-8:40 No Passes Mon-Thu 5:6-8:40

Tower Heist (PG) No Passes Fri-Sun 2:30-5:7-9:05 No Passes Mon-Thu 5:7-9:05

The Twilight Saga: Breaking Dawn Part 1 (STC) Thu 10

SILVERCITY METROPOLIS

4700 Kingsway Ave., 604-435-7474

Immortals 3D (18A) Fri-Wed 2:40-5:20 8:05-10:45 Thu 10:15 Thu 1:55-4:30 7:05

In Time (PG) Fri-Thu 2:30-5:05 7:40-10:15
J. Edgar (PG) No Passes Fri-Sun 1:25-4:25 7:25-10:30 No Passes Mon-Thu 1:30-4:25 7:25-10:30

Jack and Jill (PG) No Passes Fri-Sun 1:20-3:40 6:8-20:10 40 No Passes Mon-Thu 1:30-3:40 6:8-20:10 40

Johnny English Reborn (PG) Fri-Wed 2:55-5:25 7:55-10:25 Thu 2:55-5:25 7:30

Paranormal Activity 3 (14A) Fri-Thu 2:40-6:20 8:35-10:45

Puss in Boots (G) Fri-Sun 1:15-3:30 5:45 Mon-Wed 3:30-5:45 Thu 3:20-5:35

Puss in Boots 3D (G) Fri-Sun 1:15-3:30 5:45 Mon-Thu 3:15-5:30 7:45

3:15-5:30 7:45-10

Real Steel (PG) Fri-Wed 8:10-45 Thu 7:45
Tower Heist (PG) Fri-Thu 2:20-4:50 7:20-9:50

The Twilight Saga: Breaking Dawn Part 1 (STC) No Passes Thu 10

A Very Harold & Kumar 3D Christmas (18A) Fri-Thu 1:45-4:10 8:25-10:40

STATION SQUARE

220-6200 McKay Ave., 604-434-7711

50/50 (14A) Fri-Sat 2:45-7:15 9:40 Sun 2:45-7:15 Mon-Thu 4:45-7:15

Anonymous (PG) Fri-Sat 1:30-4:15 9:50 Sun 1:30-4:15 7 Mon-Thu 4:15-7

Contagion (PG) Fri-Sat 9:30 Sun-Thu 7:30
Dolphin Tale (STC) Fri-Sat 1:45-4:25 6:55 Sun 1:45-4:25 Mon-Thu 4:25

Footloose (PG) Fri-Sat 1:40-4:35 7:20-10:10 Sun 1:40-4:35 7:20 Mon-Thu 4:35-7:20

The Ides of March (14A) Fri-Sat 1:55-4:40 7:10-9:35 Sun 1:55-4:40 7:10 Mon-Thu 4:40-7:10

The Rum Diary (PG) Fri-Sat 1:25-4:20 7:05 9:45 Sun 1:25-4:20 7:05 Mon-Thu 4:20 7:05

The Three Musketeers (PG) Fri-Sat 1:50-4:30 7:25-9:55 Sun 1:50-4:30 7:25 Mon-Thu 4:30 7:25

NEW WEST/COQUITLAM

SILVERCITY COQUITLAM

170 Schoolhouse Street, 604-523-2911

50/50 (14A) Fri-Sat 1:35-4:20 7:40-10:10 Sun 4:20-7:40 10:10 Mon-Thu 1:35-4:20 7:40-10:10

Footloose (PG) Fri-Sat 1:50-4:35 7:10-9:55 Sat 4:35-7:10 9:55 Sun-Thu 1:50-4:35 7:10-9:55

The Ides of March (14A) Fri-Sat 2:15-4:55 7:30-10:05 Thu 2:15-4:55 7:30-10:05 Thu 2:15-4:55 7:30

Immortals (18A) Fri-Sat 1:55-4:10 7:10 Sun-Mon 1:10-4:10 7:10 Tue-Wed 1:15-4:10 7:10 Thu 1:15-4:10 7:10

Immortals 3D (18A) Thu 10
In Time (PG) Fri-Thu 1:30-4:15 7:25-10:05

J. Edgar (PG) No Passes Fri-Tue 1:47-15:10 10:20 No Passes Wed 4:7-15:10 10:20 No Passes Thu 1:47-15:10 10:20 Star & Strollers Screening, No Passes Wed 1

Jack and Jill (PG) No Passes Fri-Thu 2:45-7:50-10:15

The Metropolitan Opera: Anna Bolena - Encore (STC) Sat 9:55

Paranormal Activity 3 (14A) Fri-Sat 1:55-4:50 7:35-9:50 Sun 1:55-4:50 7:35-9:50 Mon-Thu 1:55-4:50 7:35-9:50

A Park for All Seasons (STC) Sun 1
Puss in Boots (

Skip down to Hopscotch

► The scotch, whisky and beer festival is back for another round

BACKSTAGE PASS

GRAEME MCANOR
METRO VANCOUVER



I could wax on about whisky. Or brief you on the back-story of beer. Instead, a short tale about a man who embraced both, albeit for a short time.

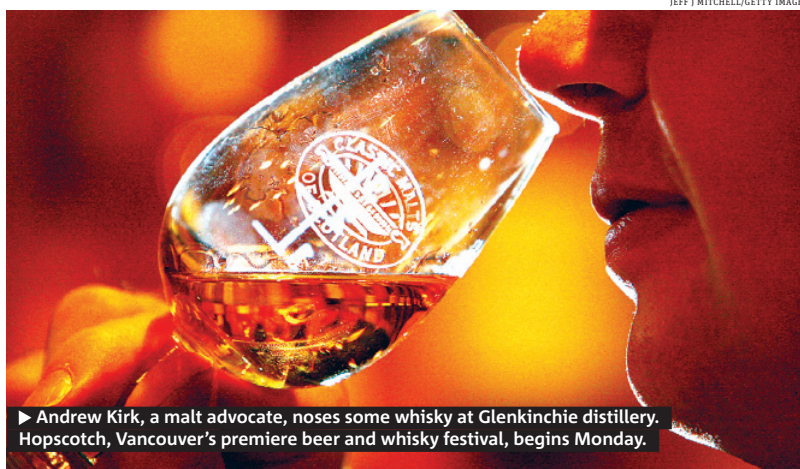
Many years ago, on his first assignment for a Scottish newspaper, my father attended a celebratory dinner in honour of dead poet (and, as of 2009, the Greatest Scot off all time) Robert Burns. Whisky flowed and my dad, caught up in the

excitement of the night, soon rendered himself incapacitated.

Enter marginally less inebriated family friend and farmer John Hodge, who eventually draped my pickled pop across his Ferguson tractor and plotted a course for the farmhouse.

Upon arrival, Hodge's burly sister Nan confiscated his tractor keys before sharply informing him that my dad couldn't stay, as his mother would surely be worried sick.

Still paralytic, my father had by now regained some mental faculties, at least enough to realize he had very recently been flung across the hindquarters of a horse. With Hodge singing at the reins, they



► Andrew Kirk, a malt advocate, noses some whisky at Glenkinchie distillery. Hopscotch, Vancouver's premiere beer and whisky festival, begins Monday.

headed cross-country.

Soon after, as they exited a field that bordered the main Glasgow-Edinburgh road, the pair encountered a local policeman out on his routine nocturnal bike patrol.

"That the reporter you got there?" he asked.

"Aye," said Hodge. "He'll no be takin' any notes today," said the constable.

Miles later, still draped immobile over the horse's

broad withers, they clattered from cobble-stoned Main Street into a cul-de-sac of neat semi-detached houses. My grandfather appeared in a lighted window. "Is it yourself, Hughie?" Hodge called.

"Tis too, John," Hughie replied.

Hodge dismounted. "I have your boy here."

"I see that, John," Hughie said. "Is he dead?"

Not yet. And since my dad hasn't had a drink for 40 years, he'll not be attending HopScotch, Vancouver's premium scotch, whisky and beer festival. But that doesn't mean you shouldn't. It starts on Monday and runs until Nov. 20 and features a Grand Tasting Hall (Nov. 17-19 at Rocky Mountaineer Station), whisky seminars, master classes and more. To find out more, visit hopscotchfestival.com. And by all means, hoist a few for my dad. Or maybe even a couple for Rabbie Burns. But please, do so responsibly. After all, you don't want to have to see a man about a horse.

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Life as a 'hot Latin woman'

► Sofia Vergara happy to represent Colombia in her role on *Modern Family*



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METRO WORLD NEWS IN HOLLYWOOD

While she insists she had no comedy background before coming to the United States, Sofia Vergara steals the show among a cast of comic talents and Emmy winners as Gloria on *Modern Family*.

It's a part that's catapulted her to fame in the States, meaning more people recognizing her in public — unless she keeps quiet.

"As long as I don't speak, I'm safe," she says in her distinct Colombian accent, which is only slightly exaggerated for the show.

How important is it that your character is Colombian? And what do you think about the jokes about Colombia

featured in the show?

I love it, I think it's fantastic and everybody loves it. You know, Colombians, we don't get offended. It's not like the writers are inventing things about Colombia, you know? It's a reality, what can we do? We just have to laugh about it. You know, the country has changed. It's not like that's happening in Colombia right now, thank God. So I don't get offended at all. I think it's hilarious. I think it's funny.

There aren't a lot of Colombian icons in the U.S. Do you feel like you're filling that role?

Well, I love it because there's not a lot of known actresses. I mean, we have Shakira, who is one of the

biggest singers right now. She's from Barranquilla, my hometown. But there was nobody on national TV or like a known household name, and for me it's been amazing to represent Colombia — you know, to not only represent me as a Colombian actress, but with the show that I'm able to show a little bit of Colombia, not only the stereotyping things about the bad things, the mafia, whatever, but also like the food or the real essence of the personality of a Colombian person.

So you like what the writers have done with Gloria?

For them to write for a hot Latin woman, I thought it was going to be a problem, but they're great. At the beginning I was worried — "How are they going to know how a Latin woman thinks?" They even write my mispronunciations now. They know me so well. Usually they write, "And Gloria says something in Spanish," and they let me say whatever I want, you know? They're not going to tell me what to say in Spanish. And of course I say something that I think is funny.

Do you have any idea what's coming up for Gloria this season?

You don't really know because every episode is a little story, so they don't need to write the thread out until the end. I know what we have filmed these past two months. There's a lot of jealousy between Gloria and Stella the dog. That's the main drama in her life right now, the dog. She hates the dog. And also a little bit of jealousy because of Manny's romantic life.

How does Gloria's relationship with Manny compare to your relationship with your own son?

It's very similar. I mean, my son is older now — he's 20 years old. But it's very similar. He was always like an old soul.

It's funny because sometimes I'll watch my show with my son and he just looks at me like, "Did you tell them that?" I love when (people think) he's my brother. He hates it, he wants to throw up in front of the people. Like for example if I'm with him and somebody says, "Oh, tell your sister to come," and I don't say anything, I don't correct them, he's like, "Tell them! Tell them you're my mother!"



► Sofia Vergara says she often gets mistaken for her son's sister.

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TV Picks

Remembering our troops

WAR. As part of its Remembrance Day coverage on Friday, Canada's public broadcaster presents the one-hour special *Remembering Afghanistan*, which explores how Canadians will look back on the war there. Peter Mansbridge hosts. (CBC)

Emma Stone set for SNL

GUESTS. Hollywood darling Emma Stone guests on Saturday Night Live for a second time. The engaging star of *Easy*

A and *The Help* first hosted just over a year ago. Saturday's musical guest is Coldplay, which is topping the charts these days with its new album *Mylo Xyloto*. (NBC)

Say goodbye to Rescue Me

FINALE. The flame goes out on *Rescue Me* Sunday. This Season 7 finale marks the end of the series, about the struggles of a New York City firefighter (Denis Leary) in a post-9-11 world.

The final episode trails the aftermath of an arson fire that led to the collapse of a warehouse and the death of a colleague. (Showcase)

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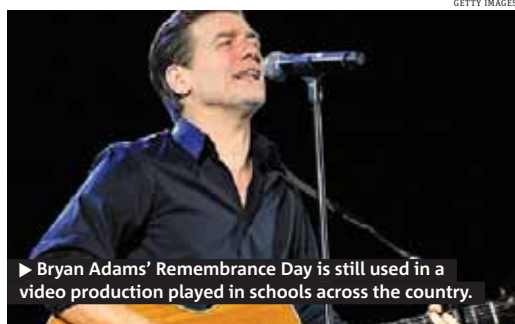
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► Bryan Adams' Remembrance Day is still used in a video production played in schools across the country.

HONOURING FALLEN SOLDIERS

SOUND CHECK



ALAN CROSS
SCENE
@METRONews.ca

Here's a playlist to commemorate the significance of Remembrance Day — beyond the traditional playing of The Last Post

The solemnity of Nov. 11 should never be forgotten. Our thoughts turn to the fallen and to the families they left behind. Here's a playlist of songs that commemorate this day beyond the traditional playing of The Last Post.

Sky Pilot by Eric Burdon and the Animals:

With the Vietnam War at its peak in 1968, the Animals released this seven-and-a-half minute, three-movement song about a chaplain who blesses the troops before they leave on a mission. Although it doesn't feature any obvious anti-war lyrics, the imagery and the era in which it was released have caused it to be categorized as a protest song.

And the Band Played Waltzing Matilda by the Pogues:

Written by an Australian singer-songwriter named Eric Bogle in 1971, the song tells the story of the Battle of Gallipoli during WWI through the eyes of a young Aussie soldier. There are many covers of this song but none are as moving as the Pogues ver-

sion found on the Rum, Sodomy & the Lash album.

Brothers in Arms by Dire Straits:

The title track of their 1985 album closes the record and was the follow-up single to Money for Nothing. It doesn't mention any war by name, but many believe it has to do with the Falklands War, which was fought between the U.K. and Argentina a few years earlier.

Remembrance Day by Bryan Adams:

In early 1986, Adams and songwriting partner Jim Vallance wrote this song during the sessions for the Into the Fire album. In 1988, the Canadian Ministry of National Defense asked to use the song in a video production that's still played in schools across the country.

Hero of War by Rise Against:

This is the one acoustic song from the Appeal to Reason album from 2008. Singer Tim McIlrath wrote the song while trying to imagine an Iraqi war vet looking back on his experiences in the Gulf.

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A Fling to remember

► New EP from The Flings reveals tight harmonies, psychedelic sound



PAT HEALY
SCENE@METRONews.ca
METRO WORLD NEWS IN BOSTON

The tight harmonies on What I've Seen, the brand-new EP from The Flings, may be the result of two of the singers being brothers, or it could be that they grew up on Lennon and McCartney.

"My dad is in a Beatles cover band," reveals singer and bassist Graham Lovelis, who formed the band with his older brother, singer and guitarist Dustin, in Long Beach, Calif.

But Lovelis indicates that there might be another reason for the perfect blending of voices in their psychedelic sound. The



► The Flings

band recently went from a situation where the Lovelis brothers wrote all of the songs to one where everyone works on the composition process together.

"I will say that it seems like a fluke that we have four people who sing in the perfect range and don't really have to try," he says.



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Celebrity tweets



so this past week and even today every rumor and lie about me possible has been coming out in the press. Just need to ignore it.



@justinbieber

@NathanFillion

I am determined to find out what @jimmyfallon smells like. A few guesses: Cotton Candy Old Spice Old cotton candy, spiced.



@SethMacFarlane



I can't buy the Superfriends. The "super" part is believable, but no way they're genuinely friends.



@mindykaling

I think I'm excited for Jack & Jill because it seems like one of those movie parody trailers from Tropic Thunder

Simpson keeps on backtracking

Jessica Simpson insists that there was never any wedding date set in stone for her and fiancé Eric Johnson, despite reports that they'd cancelled a planned November ceremony.

Instead, Simpson says she and Johnson have no plans to marry anytime

soon — and they'll at least be waiting until after she gives birth, as she wants to wait until "everything is over so I don't end up being a hormonal Bridezilla," she says in an interview with Entertainment Tonight.

As for why she waited so long to confirm her pregnancy, Simpson explains that she thought her "stomach spoke for itself."

• METRO



Jessica Simpson

Move over Valerie Bertinelli

► Mariah Carey bringing some serious stardom to Jenny Craig

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.ca



Jenny Craig attracts, let's say, "mid-level" household names to be their spokespeople. Sara Rue, Valerie Bertinelli, Phylicia Rashad and Jason Alexander are among those C-listers who have been paid handsomely to shill the weight-loss company.

But they must have paid buckets of cash to afford their latest spokesperson, Mariah Carey.

The company's big celeb was revealed Wednesday at New York City's Four Seasons. Carey arrived 20 minutes late to the conference and was escorted all the way to the stage, where we thought she would take questions from reporters, which is why we were there. Instead, she was just interviewed by Gayle King about her involvement with Jenny Craig, which, by the way, is now just called Jenny.

Carey says she started Jenny in July and has lost 30 pounds so far. She told King she was approached by three different weight loss companies while pregnant but picked Jenny because she clicked with the people



► Mariah Carey

and liked their partnership with the American Heart Association.

"Some other suitors have great money, have great whatever it is that their concepts are, (but) I didn't really connect with the people, and this was only over the phone at first. The first time I spoke with the executives at Jenny it was like

we really clicked in terms of the fact that they had a vision beyond weight loss."

We also learned about Carey's love of business calls while in the bathtub.

"Like all day every day when I was pregnant (I was) in the bath, with a towel, seriously, doing business calls, talking to lawyers with water splashing," she

Mariah speaks

More highlights from Carey's press conference:

- She doesn't own a scale, and the last time she weighed herself was when the song *My All* was out.
- Her twins have a new website, dembabies.com
- She bought an ultrasound machine during her pregnancy.

revealed.

"(My trainer) Bernardo and I were doing exercises mainly in the water."

As she demo-ed some of her aquatic moves, she made sure to look good in the process: "Let me do it more elegantly for the photo — please don't get a bad angle."

And P.S. Yes, there was a towel in the bathtub. Carey says that she was so embarrassed by her pregnant body that she never went naked.

Anywhere.

"I was never nude. I had a towel on in the tub, I had clothing on in the tub," she told King. "I'm not lying, I promise you. You think I would let Nick see me looking rancid like that?"

Rancid? One thing for sure, Mariah Carey will not become the spokeswoman for Earth Mothers International anytime soon.

Message to Prince Harry: No fornicating

Prince Harry has moved on to Gila Bend, Ariz., for the final leg of his helicopter training in the U.S. — and his reputation has apparently preceded him.

"We have some very pretty girls here," Gila Bend Mayor Ron Henry tells the Daily Mail.

"Some of the dads won't take too kindly to a prince fornicating the night away and drinking into the small hours. It is a very quiet town with a lot of good, Christian people. This isn't a party town."

The town boasts 1,700 residents, one bar and a motel built to look like a spaceship. • METRO



► Prince Harry

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Remix her style



► Name: Amy Marks
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METRO WORLD NEWS IN LONDON



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Style Pick

KANE DOES DENIM

Christopher Kane's new capsule collection for J Brand has a refreshingly new angle to it: He designed the neon bright denim to complement his resort collection. It's an interesting strategy and one that maybe the H&Ms of the world should explore as well. **KENYA HUNT**



New Canadian Olympic apparel channels retro style and the great outdoors.

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In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne_Beker:
Have YOU been wearing a poppy this week?
Tweet me a pic! Fab fashion statement AND an important way to remember our heroic war veterans.



► My poppy pin purchased in Paris a few seasons back.

► @shopwithrobin: Love YOUR poppy brooch you were wearing on @CP24 yesterday Jeanne!

► @JFra10: I have! Been wearing it around FIT campus in NYC and have received many questions what it's for #proudcdn #honourthevets

► @Jeanne_Beker: Cool! Who knew poppies had the power to become iconic CANADIAN style statements?

► @JFra10: who knew! It's nice to come across unique Canadian customs when living in the States!



► @AlyssaWngd: rockin' the poppy ;)

► @Jeanne_Beker: LOVE it!! xx

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KARL LOHNES
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Q: I will be hosting Christmas dinner this year so I quickly need to furnish my dining area.

The room is 9x9 and is part of an L-shaped living/dining room in my condo.

What size/style of table and chairs should I buy?
Beatrice Kington, Alberta.

A: Choose an appropriately sized table to suit your day-to-day needs, not a size that you will only use occasionally when more than extra guests come over.

Find a table that is expandable in order to accommodate a more than average amount of guests on special occasions.

Your dining space is fairly small, so I suggest choosing a 42-inch round table, which will seat four people comfortably on a daily basis, or up to six in a pinch.

A round topped, pedestal based table will be your best choice as there will be

The breakdown

Karl's mathematical rules for dining decor:

- Allot for 30-36 inches of walking space on all sides of your table.
- A dining room light fixture should be hung 30-36 inches above the table.
- Each foot of the room's width equals two inches of diameter for the dining light fixture.
- An area rug should be 18-24 inches larger on each side of your table.
- Every two linear feet of table edge allows for one guest to be seated.

no corners or legs to contend with, ultimately giving you more freedom as to where guests can be seated.

If the table is expanded for extra guests then allow the longer shape to creep into the living area when entertaining.

Buy four comfortable Parson-style dining chairs that will permanently sit around the table. They then can be brought into the living area space when extra

seating is needed.

Purchase four additional folding or stacking chairs that can be brought out on the special occasions when lots of guests need to be seated around the table.

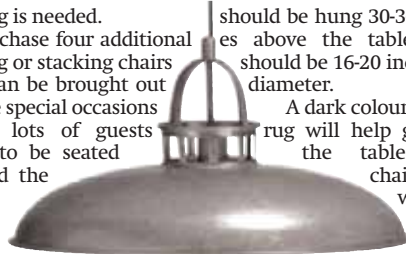
Adding a slim bookcase or credenza against the back wall will offer up great storage for extra dishes, wine glasses and linens as well as create a place for serving dishes while dining.

Keep the overall look of it light and airy so it doesn't visually fill up the small dining space.

A hanging light fixture will help define (and illuminate) your new table.

The fixture

► Redar Stacking Chair, \$50, Ikea



► Victory Pendant, \$179, CB2



► Avalon Extension Table, \$599, Crate and Barrel



► Reflection Sideboard, \$999, Urban Barn



► Willoughby Chair, \$300, West Elm



► Spencer 5x7 Rug, \$299, Urban Barn

RUBBING IT IN ISN'T GOOD

CHARLES THE BUTLER



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CHARLES
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Dear Charles the butler, We recently purchased a Natuzzi sofa in beige microfibre. Unfortunately our cat vomited on it twice during the night and by the time we found out it had dried. I tried to clean it with water but the stains are still there. Are there any chemicals that would clean it?
Maria

Hello Maria, You have two options: call a professional upholstery cleaning company or attempt to clean it. Remember, every stain revolves around three things: speed, cleaning agent, technique.

Speed

I hope you tried to take as much of the vomit's "volume" off the coach before anything else. A soft plastic spoon is ideal for this. **Cleaning agent** In a large bowl, mix 2 cups of warm water, 1 tbsp of table salt, ½ cup white vinegar, 1 tbsp clear dish soap and 2 tbsp rubbing alcohol.

Technique

Dip a clean sponge into your solution. Remove some liquid from the sponge and press into your stain. Don't rub in the solution. Instead, apply it to the stain and then absorb the moisture with a paper towel. Again, don't rub it in. What you are essentially doing is applying the solution and then absorbing the vomit mix back in a clean cloth. Do this repeatedly back and forth until it appears that all of the vomit stain has been removed. Before you try this, test it out on an area of the sofa that won't be seen. **HAVE A QUESTION?**
ASKCHARLESTHEBUTLER@METRONEWS.CA

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Urban dwelling made easy – make the most of small spaces

► Need to make an office double as a guest room? A living room as a play area? ► Design Sponge editor Grace Bonney solves the conundrums of cramped city living and offers up fresh ways to stretch out those tight rooms



KENYA HUNT

STYLE@METRONEWS.CA

METRO WORLD NEWS IN LONDON

"We're used to seeing apartments with little space. So few of us in New York have extra rooms, it becomes all about finding ways to make your rooms do double-duty," says Grace Bonney, founder and editor of Design Sponge, the popular blog that sparked the current craze for on-line shelter mags currently happening today.

In the middle of a tour promoting her new book, Design Sponge at Home, the Brooklyn-based queen of all things salvaged and DIYed, took some time out to answer some of your biggest space-saving questions.

How can I make a living room work as both a playroom and functional adult space?

— Erin Rogers

"The simplest solution is an upholstered storage ottoman," says Bonney. "Basically, you want to have something that you can open up and store all the toys in and yet looks good enough that when you flip the top back over, you have a place for your guests to sit when they come over," she adds. Bonney suggests combing your local flea markets and thrift stores for old, large wooden boxes and then upholster the lid using a staple gun.

"These are great for stashing things last minute. And when your guests leave, you can take all of the kids' things back out," she says.

My girlfriend insists on hanging a lot of art on the walls but it makes our studio apartment look crowded and I'm feeling claustrophobic. Help!

— Andreas W.

"It's interesting because we're seeing this transition where people are moving away from the cluttered wall. For a while, people were really embracing that gallery wall where you have a lot of small frames on the wall in an asymmetrical shape," Bonney explains.

"That was fun for a while, but it actually has a college dorm vibe. It makes the room feel cluttered," she adds.

The more modern approach is to select fewer, larger pieces.

"Hang three pictures instead of, say, 20. It makes things look cleaner and more open. So maybe sell some of those smaller pieces."

We are two procrastinators with a new infant and a one-bedroom apartment. Any ideas about how we can create a room for the baby with no extra bedrooms?

— Michelle Peters

"In cities like New York, people don't typically create separate baby rooms because space is such an issue. I think most people just create nooks in their own rooms," Bonney says.

She suggests buying furniture that will work seamlessly into the look you've established for your place already, instead of the big primary coloured plastic stuff.

"Baby rooms don't necessarily need to have ducks on the wall. Convert one half of your bedroom into a space for the baby and buy furniture that can double as storage, seating and a changing station.

Companies such as Netto make gorgeous furniture for babies that you frankly wouldn't know is for an infant," she adds.

My living room has no windows. How can I make the room seem light and bright?

— Romella M.

"People with this problem tend to crowd their room with desk and table lamps but that's actually one of the biggest mistakes you can make," Bonney notes.

Instead, go for chandeliers and any other fixtures that light the room from the ceiling.

"That's where light naturally comes from in a room with windows, the top. You want to draw the eye up," Bonney says.

She also suggests placing large-scale mirrors high on the wall to reflect the light emanating from the fixture. "It will make the room feel brighter."

How can I make my home office double as a guest room, without having visitors feel like they're crashing in my work space?

— Andre Harris

Purchasing a chaise lounge or a pull-out bed is the first and most obvious solution.

But Bonney has some useful ways to make the room feel a little cosier.

"One thing you can do is buy great looking upholstery, almost like a table cloth, that you can use to cover your desk. You may even want to put a glass top over it," she says.

"Another nice thing to do is to customize throw blankets or pillows.

Ikea has these really inexpensive fleece blankets.

You can just stitch your guests' initials on it and leave it on the bed to make the room feel more personalized during their stay. And the nice thing is, they can take it away with them when they leave," she adds.

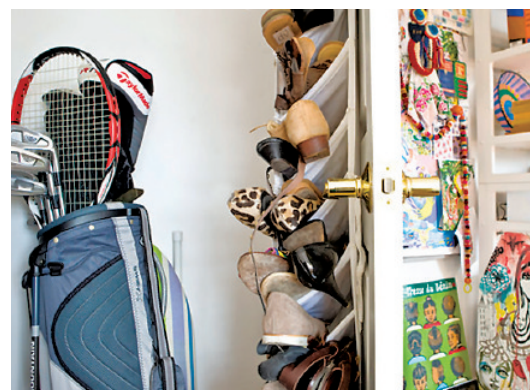


► Multi-tasking rooms are a way of life in cities. So don't be embarrassed to move that desk into your kitchen.

It's all in the details

Here are three simple ways to open up your place:

- 1 Go easy on the bookshelves.** "A lot of people tend to tackle their clutter with big standing bookshelves, but if you don't have enough space, it can weigh the room down. Try wall shelves, which make the room look larger."
- 2 Put the DVDs away.** "Nothing makes a room feel smaller than seeing lots of small things cluttered together. Rather



than storing your DVDs all in a row on shelves, place them in boxes to minimize the clutter.

- 3 Don't be afraid of glass or acrylic furniture.**

"It's an easy way to make a small place appear bigger. Darker wood furniture can visually weigh the eye down."

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Getting benched ain't so bad

► Grace Bonney tells us how to turn a flea market find into a life-saving storage unit for your home



DIY IDEAS

JOHNNY MILLER

Rolling storage bench

- 1 Flip your box upside down and attach casters to the four corners. Use screws that are short enough that they don't come through to the interior of the box.
- 2 Flip the box upright and measure from edge to edge for your box top. Cut your plywood box top to fit, and sand the edges.
- 3 Lay your foam on the floor and place the box lid on top. Trace around the edges of the

plywood lid and cut the foam to size with a utility knife or electric knife.

- 4 Repeat step 3 with the batting, leaving a three-inch border of batting on all sides so you can pull it over the foam and staple it to the back of the plywood lid. Repeat the process with your fabric.

- 5 With the fabric facedown on the floor, centre the batting and then the foam on top. Place the wooden lid on top of these three layers and pull the batting and fabric over the edges of the lid, using a staple gun to secure them. Work your way around the edges of the lid,

pulling the fabric taut and stapling as you go.

- 6 Once you've finished stapling, cut off any excess fabric. If you want a more polished look for the underside of the box lid, cut a piece of fabric one inch smaller (on all sides) than the lid and staple this in place.
- 7 If you have children, or would like to ensure that your lid is secure, you can install safety hinges, which will keep the top from sliding or slamming down on small fingers.

Materials:

- Old box (try thrift stores, craigslist, flea markets, and eBay for similar versions)
- Casters and mounting screws
- Screwdriver
- Measuring tape or ruler
- Sturdy, midweight plywood (for your lid)
- Saw (if you choose to cut your own lid)
- Sandpaper
- Foam (use two-inch foam at least, to create a comfy seat)
- Box cutter or electric knife
- Batting
- Scissors
- Fabric
- Staple gun and staples
- Hinges (optional)

EXCERPTED FROM DESIGN SPONGE AT HOME BY GRACE BONNEY

Cleaning house for holiday company

► Don't have all day to clean? Here's how to make the place look good, fast

A thorough housecleaning can take all day — maybe all weekend. And as satisfying as that can be, sometimes you just don't have the time or the motivation.

But with the holidays just around the corner, we all want our homes to look good for parties, drop-in visitors and relatives.

Fortunately, most visitors don't check the broiler for grime or under the radiators for dust. But what should the game plan be when you want to make your home look presentable without going for a deep clean? Here's some advice on cleaning high-profile spaces in a hurry for maximum visual and psychological impact.

Prioritize

"Concentrate on the public areas: the living/family room, dining room and bathrooms. Prioritize what has to be done (replenishing toilet paper in the bathroom) versus what would be nice to do (dusting the picture frames)," said

Deanne Marie, creator of Smart Solutions for Busy People books and blog.

Marie suggests taking a timer with you from room to room (use the one on your cellphone if you don't have a kitchen timer) and setting it for 15 minutes in each room as a way of forcing yourself to "focus on the necessities."

Hide clutter

Marie calls it the "Hail Mary" pass of housecleaning: Cover up the mess when you can't get rid of it!

The Maids, an American cleaning franchise, advises simply piling your miscellaneous countertop clutter in a laundry basket and sticking it in the closet. No time to do the dishes before company arrives? The Maids' solution is to stack them on a cookie sheet for temporary storage in the oven (cold, of course).

Look around

Cheryl Najafi of CherylStyle.com, an entertaining expert, recommends see-

ing your house the way your guests will, to make sure you haven't overlooked anything.

Take the "sit test," Najafi says: "If you're hosting a party in the formal living room, make sure you sit down and survey the room. You'll see things from a different vantage point. Like those dust bunnies in the corner!"

Bathroom

If there's one room where bad housekeeping can really gross out your guests, it's the bathroom. Fortunately, the must-dos are relatively easy to accomplish, and may even be best left to last-minute so nobody in your family can make a mess before guests arrive.

Giving the toilet bowl a scrub with a brush, as unpleasant as it is, must be top on your list. You're also going to have to wipe down the seat and rim. (Disposable Clorox wipes are great for this purpose.)

Other quick fixes with a big payoff: Wipe mirrors

with a spray glass cleaner, break out a new bottle of liquid soap, stockpile the extra toilet paper in an obvious place and empty the trash. Clear away icky towels (maybe even put away the throw rug) and put out clean hand towels.

Outerwear

Give a thought to where your guests will unload coats, boots, umbrellas and bags. Is your hallway closet big enough? Can you set up a foldable coat rack or do you have a set of hooks on the wall? Most people don't mind leaving jackets on a bed; just make sure the bed is made.

Floors

Is there anything worse than having a dust bunny accompany your guest down the hall? Vacuuming is such a drag, but it makes such a difference. Remember, though, you don't have to do every room and corner — just the areas your guests will see.

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THE AFFORDABLE NEW HOME DOES EXIST

Waterfront is coveted real estate, and savvy Metro Vancouver home buyers are finding themselves increasingly drawn to B.C.'s historic first capital — New

DUO

Homes: 1 bedroom, 1 bedroom + den, and 2 bedroom apartments

Number of Units: 57 in two buildings

Prices: Starting at \$218,900 for 1-bedroom units, and starting at \$311,900 for 2-bedroom units. All prices include HST.

For Sale: Starting Nov. 19

Sizes: Apartments range from 533 square feet to 982 square feet, with parking space

Features: Park-front location a stone's throw from the Fraser River waterfront; high-quality interiors including hardwood flooring in kitchen, halls and bedrooms; high-end stainless steel appliances; modern minimalist design; fully equipped gym for residents

Move-in ready: Early spring 2012

Westminster — to find waterfront communities that are centrally located, high quality, and affordable.

Port Royal is one such development, located on the Queensborough peninsula in New Westminster. The community is poised to launch an apartment development called Duo and a townhouse development called Flow on Nov. 19.

Aragon Properties, the developer, chose the location not just for its affordability, but because it had fundamentally good bones, explained David Wan, Aragon's director of marketing.

Located on the site of a former pulp mill, the seven-year-old master-planned community of Port Royal has already changed the landscape with its homes, a walkway along the waterfront and green spaces, including the three-acre Port Royal Park that Aragon gifted to the city of New Westminster. "We've spearheaded the area's transformation," said Wan.

The two buildings of Aragon's new Duo apartment development sit right on Port Royal Park, with the park's rose garden in between. "If you're sitting in your living room and you're looking outward, the view is just beautiful because you've got this huge expanse of greenery right in front of you," said Wan. "And the apartments

are literally steps from the water."

Duo and Flow residents will enjoy a high quality of life indoors as well as out. "We're going the full distance in terms of making sure the quality is there. The level of finishing in the Flow townhomes is the highest we've ever done," said Wan. "This development sets a new benchmark for us."

The design aesthetic of Flow's waterfront townhomes also sets them apart. "If you have a preconceived notion of a typical townhome in your mind, this is not it," Wan said. "These homes have a very contemporary design with ultra-modern architecture. When we designed Flow, we had a buyer in mind who was chic and trendsetting — 'early adopters,' if you want to use a marketing term," he laughed.

Convenience is also integral to the Port Royal lifestyle. The commercial landscape in Queensborough is thriving, said Wan. Supermarkets, home improvement stores, banks, restaurants and other amenities are close by. Duo and Flow are also close to public transit, Metrotown mall is only 15 minutes away by car, and Highway 91 provides a quick route into Richmond and Vancouver.

"When we started building these

FLOW

Homes: 3-floor, 3-bedroom townhouses

Number of Units: 30

Prices: Starting at \$508,900 including HST

For Sale: Starting Nov. 19

Size: 1,400 square feet with parking space

Features: Quartz countertops, high-end GE Monogram Series appliances, views of the Fraser River, rooftop deck with outdoor fireplace; powder room on main floor; very high quality finishing

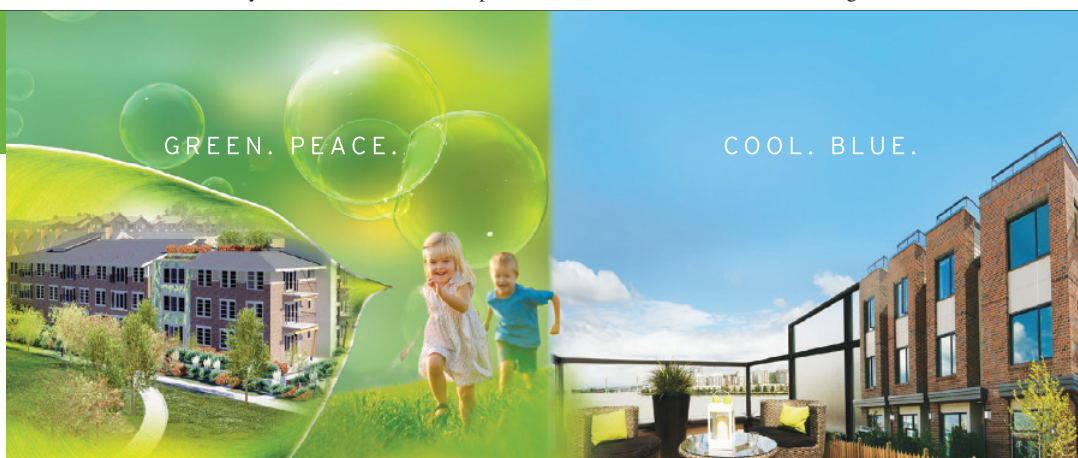
Move-in ready: Late November / early December 2011

Website: flowliving.ca

projects five and a half years ago, it was all just on paper," Wan said of Duo and Flow. "It was all just renderings on computer screens and we were hoping that the lifestyle and mood that we were trying to create would actually materialize — and lo and behold it has."

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Canadian writer Natalie MacLean is a liquid media juggernaut whose internet newsletter and best-selling book *Red, White And Drunk All Over* have helped countless newbies discover that there's more to life than whatever they usually drink.

Her just released new title — *Unquenchable: A Topsy Quest For The World's Best Bargain Wines* (Doubleday Canada, \$29.95) — is a smart, fast-paced chronicle of her adventures looking for cheap vino around the world and meeting industry celebs along the way.

Arguably the biggest name was Peter Gago, chief winemaker extraordinaire at Australia's Penfolds and the current "custodian" of Down Under's most prestigious (read expensive) red wine: Grange.

I had a chance to hang out with Gago a few weeks ago and tasted a selection of Grange from some of the wine's most stellar vintages. While that was a once in a lifetime experience, drinking Penfolds' wines doesn't necessarily mean taking out a second mortgage.

The 2009 Koonunga Hill Shiraz Cabernet (\$15.49 - \$16.99) is a liquor store mainstay with a nice mix of lightly peppered fruit swirled together with some forward blackberry goodness that holds up as a by-the-glasser as well as it does paired with a late fall barbecue.

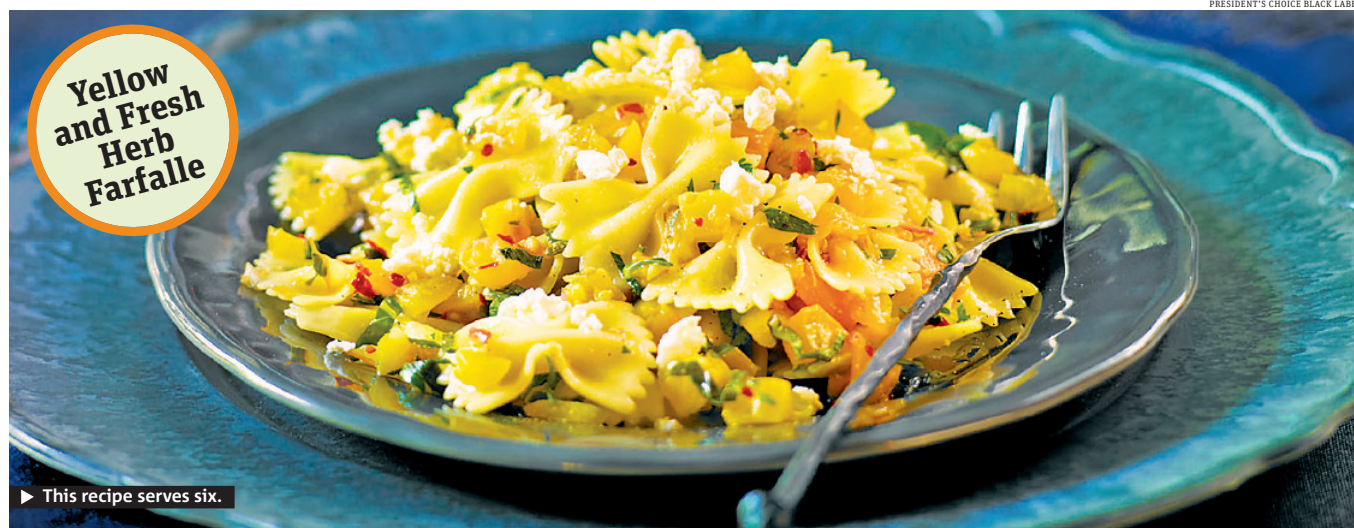
PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



Fancy plating made easy

► Entertaining guests can be stressful ► Make it easier with quick recipes that present well

► This Yellow and Fresh Herb Farfalle is a great option that only takes 40 minutes to make



Yellow and Fresh Herb Farfalle

► This recipe serves six.

Guests — whether expected or unexpected — can be a lot of fun. To help you focus on the fun instead of the stress of entertaining, this Yellow and Fresh Herb Farfalle pasta is perfect.

Vegetarian guests will love it and if you want, you can top it with some grilled chicken for those guests who insist on having meat in their meal.

Preparation:

1 In a saucepan of boiling water, cook the pasta 7 to 9 minutes or until it is tender but firm. Drain.

2 Meanwhile, in a non-stick frying pan, heat the oil over medium heat; cook the shallots, garlic and hot pepper flakes for 2 to 3 minutes. Stir in the Whole Yellow Tomatoes and juices,

basil, parsley, tarragon, salt and pepper. Bring to a simmer; cook 2 to 3 minutes.

3 Add the drained pasta to sauce; stir to combine. Transfer to serving bowl; sprinkle

with cheese and serve.

PRESIDENT'S CHOICE BLACK LABEL

Ingredients:

- 4 cups (1 L) PC black label Farfalle Pasta
- 2 tbsp (25 mL) olive oil
- ¼ cup (50 mL) chopped shallots
- 2 tsp (10 mL) minced gar-

- lic
- ¼ tsp (1 mL) hot pepper flakes
- 1 can (400 mL) PC black label Whole Yellow Tomatoes, chopped
- ¼ cup (50 mL) sliced fresh basil

- 2 tbsp (25 mL) each chopped fresh Italian parsley and tarragon
- 1 tsp (5 mL) sea salt
- ¼ tsp (1 mL) black pepper
- 1/3 cup (75 mL) crumbled PC Soft Unripened Goat's Milk Cheese

► Impress dinner guests with a seemingly difficult appetizer that is ready in just 20 minutes



Cheddar Bacon Marmalade Toasts

Smoky, sweet and with a touch of tang, bacon marmalade is tantalizing atop crisped slices of baguette smothered in melted, bubbly cheddar. Your guests will adore this elegant hors d'oeuvre.

Preparation:

1 Preheat oven to 350°F (180°C). Line baking sheet with parchment paper.

2 Slice baguette into 40 1/2-inch (1 cm) thick slices, discarding heels.

Place flat on prepared baking sheet. Brush tops with oil. Bake 5 mins. or until lightly toasted

3 Sprinkle with cheese; bake 8 to 10 mins. or until cheese is bubbling and toasts are crisp. Transfer toasts to a plat-

ter. Place small dollop of Bacon Marmalade Spread on each toast, dividing marmalade evenly. Top each with a piece of pear. Sprinkle with thyme and serve.

PRESIDENT'S CHOICE BLACK LABEL

Ingredients:

- 1 PC French Baguette
- 2 tbsp (25 mL) olive oil
- 1-1/2 cups (375 mL) shredded PC black label 8 Year-Old Canadian White Cheddar Cheese, about 160 g

- 2/3 cup (150 mL) PC black label Bacon Marmalade Spread
- 1 Bartlett pear (skin on), cored and cut in 20 wedges, each wedge cut in half cross-wise
- ½ tsp (2 mL) fresh thyme leaves

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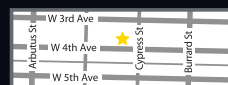
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IT'S EASY BUYING EYEGLASSES AND CONTACTS ONLINE

Alana Jestadt, 28, a manager of a Toronto spa specializing in natural products, has been wearing glasses and contact lenses since she was a teenager. Tired of paying out of pocket for her prescriptions, and with limited resources, she started to explore online options.

She learned that by eliminating the costs and markups that go into running and staffing a retail outlet, online companies can save her a bundle — up to 70 per cent — and she can still get a beautiful pair of designer glasses.

Buying online is not only less expensive, but more convenient than coping with crowds and long waits for in-store service.

And it's an easy process. After getting an updated prescription for glasses or contact lenses from a trusted eye care professional, “just head to our site and browse for your perfect pair of frames,” says Erin Taylor-Mitchell, executive editor, ClearlyContacts.ca, an online Vancouver-based optical store. “You can narrow your search based on size, brand, price, shape and colour. Once you've found your favourite frames, simply enter your prescription,

VIRTUAL LENSES



choose your lens, and check out.”

The site helps customers choose the most suitable frames, and for someone like Jestadt in the beauty and service industry, this is a real plus. She loves using the ClearlyContacts.ca “virtual mirror” and getting her friends to comment on how each pair looks after send-

ing them an online photo. She also enjoys using another tool that helps her find the glasses that best complement her unique face and features.

Jestadt also appreciates the fast door-to-door service. “Our goal is to get your glasses to you in less than five business days, but have been known to

surprise people with next-day delivery,” says Taylor-Mitchell. She adds that free shipping is also currently available for orders over \$99.

And if Jestadt changes her mind? The company has a 365-day return policy and even pays return shipping.

— Pauline Anderson

CHANGING VIEWS

Most of us have access to corrective eyewear that allows us to clearly see the beautiful world around us. But not everyone is so lucky. Some 560 million people in this country and around the world have vision problems and, for them, buying eyeglasses is simply a pipe dream.

ClearlyContacts.ca founder Roger Hardy has stepped in to change that. Last year, he started a charity project called Change the View. To date, his company has donated thousands of pairs of glasses to needy people throughout Canada, the United States, and as far away as West Africa, Kenya, New Delhi, Haiti, Honduras and Panama.

“We believe that everyone has the right to clear vision and we want to help make this right a reality,” explains Hardy.

“Poor vision can lead to injuries that are preventable, limited learning capability for kids in school, and loss of employment. Being able to see clearly results in increased earning potential and improved quality of life.”

Every time you buy frames from participating designers, a second pair — the frames as well as prescription — is donated to someone in need.

FASHION STATEMENT

From runways and big screens to classrooms and boardrooms across the country, glasses today are more of a fashion statement than ever before. Celebrities help shape what's hot in eyewear; think Justin Timberlake's big and bold square glasses, or Tina Fey's sleek and refined oval-shaped specs.

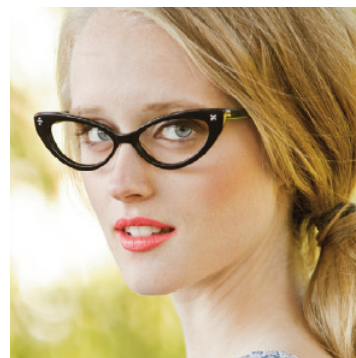
Once merely functional, eyeglasses are now a fashion staple. “Glasses have transformed from being a needed medical device to a wanted fashion accessory that can totally transform your outfit,” says Erin Taylor-Mitchell of ClearlyContacts.ca. “The fact that people purchase frames with non-prescription lenses just so they can rock the latest geek chic style is a perfect example of this.”

This geek chic look combines vintage shapes like oversized square frames with retro colours such as rich tortoise shell, says Taylor-Mitchell. Another big trend today is vintage style frames, thanks to the popularity of TV shows such as *Mad Men* and *Pan Am*.

And watch out for frames in loud colours like lime green and bright orange, as well as novel hues such as burgundies and purples.

There are also leopard skin and other bold prints and patterns to choose from.

Having multiple pairs of glasses to



match different outfits is also the rage. “Just recently, we asked our customers how many pairs of glasses they owned and were impressed to see collections ranging from three pairs to over 15 different pairs,” says Taylor-Mitchell. “With glasses now being affordable, our customers are able to change up their look depending on the occasion. What woman wouldn't love to have a pair of glasses to match each of her pairs of shoes?”

The optical market has expanded to accommodate the growing demand for glasses that express one's personality. “We believe that glasses are an extension of who you are,” says Taylor-Mitchell. “Glasses are the first thing people see, which is why it's so important to live your style and personality through them.”

CLEARLY CANADIAN

While working for a contact lens manufacturer, Roger Hardy discovered that optical stores significantly mark up prices for contact lenses and eyeglasses. Recognizing an opportunity to better serve customers, he founded ClearlyContacts.ca in 2000.

Since then, the Vancouver-based company has become the largest online optical store in Canada, with sales of glasses growing by a whopping 100 per cent every year. Analysts expect company revenues to exceed \$180 million in 2011.

To date, ClearlyContacts.ca has sold more than one million pairs of eyeglasses. More than three million customers can choose from a selection of more than 1,500 designer styles that constantly changes.

All the company's glasses are manufactured in Canada by a talented team that uses the highest quality materials. And the products are delivered right to your door — at home or the office.





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MISUSE OF HAND-HELD DEVICES, LAPTOPS CAN STRAIN EYES: EXPERTS

Some people say the eye is the most precious organ. That makes it all the more important to preserve and protect your vision throughout life, from infancy to old age.

But misuse of today's growing array of hand-held and laptop gadgets can strain the eyes, making it difficult to maintain vision health.

One of the biggest problems, says Samuel N. Markowitz, a Toronto ophthalmologist, is using these devices in sub-optimal viewing conditions. For example, people sit in bed shining a tiny bright light on their iPad, or use their BlackBerry in dark subways.

In an office environment, the overhead lighting shouldn't be "stark," says Joe Chan, a Mississauga optometrist. "Fluorescent lighting can bother the eyes." Instead, use a desk lamp with an adjustable arm that focuses diffused light on what you are working on.

Chan recommends keeping the computer screen “a good arm’s length away” from your eyes and at a downward angle. As well, he suggests the “20-20” rule: Looking at something about 20 feet away from the screen every 20 minutes or so to give your eyes a rest. “When you stare at the screen, you don’t blink,” he says. “Your eyes try to compensate by watering,



ISTOCKPHOTO/THINKSTOCK

and this dries them out and can damage the surface of the eye.”

Years of eye strain can start to interfere with vision as people reach the age of 30 or 35, says Markowitz. Your specialist can check for eye problems, including presbyopia, age-related loss in flexibility of the eye's lens, and hyperopia, or far-sightedness, which can be corrected with prescription eyewear.

A common cause of eye problems is not taking proper care of contact lenses, which have become extremely popular. "I think it's part of human nature to try and cut corners," and not clean and soak lenses diligently, says Chan. Improper care can lead to a buildup of protein on the surface of the eye.

And don't ever leave your contact lenses in overnight, say both Chan and Markowitz.

—*Pauline Anderson*

ENJOY THE GIFT OF CLEAR SIGHT WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea).

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, co-founder and national medical director of LASIK MD, Canada's only national laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.

Most laser vision correction providers offer free comprehensive eye exams, which will determine your candidacy. If you are deemed a candidate, book your procedure and you will be on your way to enjoying life without glasses and contacts.

— *Pauline Anderson*



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No slowing down McCallum

► After setting CFL record for accuracy at age 41, Lions kicker from Surrey plans to improve

As good as he was this season, Paul McCallum believes there's room for improvement.

For starters, the B.C. Lions kicker wants to reduce his number of missed field goals. Let's face it, he did miss three times this season.

"I have a little bit more work to do next year," McCallum said Wednesday after being named the West Division nominee as the CFL's top special-teams player.

Given McCallum's calm demeanour and no-fuss approach to life, it's hard to tell if he was joking or not.

At 41 years of age, McCallum is the CFL's oldest player but enjoyed one of his best seasons. He set a league record for kicking accuracy by hitting 50-of-53 field-goals (94.3 per cent). His misses came from 45, 47 and 57 yards out.

McCallum led the CFL in scoring with 203 points and also made a league-record 30 consecutive field goals.

"Statistically, this is the best one," said the 19-year veteran. "That to me is the most important statistic as a kicker, the percentage."

"It's nice to get the individual awards but we have two more games. That's how I am looking at it."

Chad Owens of the Toronto Argonauts, who became the first player in pro-football history to register consecutive seasons of 3,000 all-purpose yards, is the East Division nominee. Owens won the special-team players award last



► Lions kicker Paul McCallum is up for the CFL's top specials-teams player award.

year.

The previous record for accuracy was 90.9 per cent set in 2000 by Lions kicking legend Lui Passaglia.

Passaglia remembers when McCallum attended his first training camp with the Lions in 1993.

"You always saw the potential in him," said Passaglia, who holds the CFL record for 3,991 points scored and 25 years played. "I always saw the glint in his eye that he could do it and that he could be better than me and better than other kickers at that time."

"He always had that per-

"You can't say he hasn't performed beyond expectations. You can tell he loves what he does because he's improved at his craft every year."

FORMER LIONS KICKING GREAT LUI PASSAGLIA ON PAUL MCCALLUM

sistence and he had the talent. It was just a matter of getting that opportunity."

McCallum said Passaglia taught by example.

"There was no 'Sit down, have a chat,'" he said. "I just kind of listened to him, watched him, saw how he carried himself."

Not all the lessons came on the field.

"One training camp I

went out with Lui," McCallum said with a smile. "We might have missed curfew."

"I remember getting up and not feeling so well. Lui was out there running half an hour before I got out of bed. He said to me 'If you want to go out, you have to get out here and run.' His work ethic was second to none."

The Lions, who started

the season 0-5, finished first in the West with an 11-7 record. They will face the winner of Sunday's semifinal between the Edmonton Eskimos and Calgary Stampeders in the West final.

The Grey Cup will be played Nov. 27 at BC Place Stadium in Vancouver.

McCallum won't be the only Lion attending the Nov. 24 awards ceremony in Vancouver. Quarterback Travis Lulay is the West nominee for outstanding player while Jovan Olafioye was nominated for top of offensive lineman.

THE CANADIAN PRESS

4
sports

Quoted



"This is a tragedy. It is one of the great sorrows of my life. With the benefit of hindsight, I wish I had done more."

JOE PATERNO, THE PENN STATE FOOTBALL COACH, WHO PREACHED SUCCESS WITH HONOUR FOR HALF A CENTURY BUT WHOSE LEGEND WAS SHATTERED BY A CHILD SEX-ABUSE SCANDAL INVOLVING A FORMER ASSISTANT, SAID HE WOULD RETIRE AT THE END OF THIS SEASON BUT LAST NIGHT WAS FIRED BY SCHOOL TRUSTEES.

NBA deadline passes, bargaining continues

As commissioner David Stern's deadline passed, the NBA and its players continued negotiating yesterday in an attempt to end the lockout.

The two sides met for more than 11 hours to try to hash out a deal to save the season.

Stern had issued an ultimatum to players: Accept the league's latest proposal by 5 p.m. ET yesterday or it would be replaced with a much

harsher one that would drive the sides even farther apart.

Players said Tuesday they wouldn't accept the current proposal as configured and suggested another negotiation session.

The current offer calls for players to receive between 49 per cent and 51 per cent of basketball-related income, though union officials said it would be impossible to get above 50.2 per cent.

Players were guaranteed 57 per cent of BRI under the previous collective bargaining agreement.

The next proposal would call for a 53-47 revenue split in the owners' favour, essentially a hard salary cap and salary roll-backs, which the league originally sought but had taken off the table.

Both proposals were sent to union executive director Billy Hunter on Sunday.

The meeting featuring small groups from both sides was arranged yesterday morning.

Lawyer Jeffrey Kessler took part along with other union negotiators, hours after saying he regretted telling the Washington Post that owners are treating players like "plantation workers" during the ongoing lockout. He added he planned to call Stern and apologize.

THE ASSOCIATED PRESS



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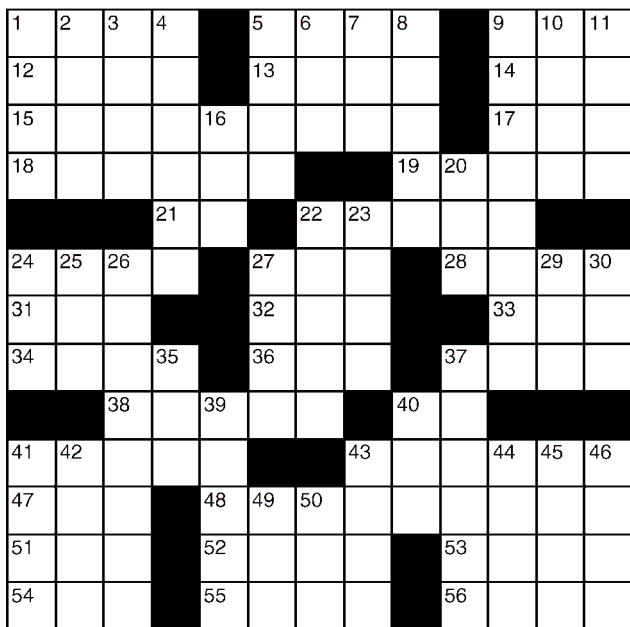
Crossword

Across

1 Hardly hirsute
5 Teeny bit
9 Frat-party item
12 Reed instrument
13 Unembellished
14 A Gabor sister
15 Prop in a Gidget movie
17 Shrill bark
18 Takes the helm
19 Saunter
21 Opposite of 30-Down
22 Crooner Iglesias
24 Not barefoot
27 Anderson's "High —"
28 Frilly
31 Debtor's letters
32 Towel designation
33 Fish eggs
34 Legend
36 "Characters Welcome" network
37 Probability
38 Pop
40 Hairstyle
41 Boston newspaper
43 Plant of the mint family
47 Grazing area
48 Pub target
51 Listener
52 Notion
53 Pleased
54 Conclusion
55 Under the influence
56 Longings

Down

1 Employer
2 Touch



3 Traditional tales
4 Protect
5 Biblical prophet
6 Afternoon social
7 Bobby of hockey
8 Hero's reward
9 QWERTY, for one
10 Satanic
11 Stare stupidly
16 Chum
20 Wire measure
22 Beam supporting a ceiling
23 — Major
24 Alastair who played Scrooge

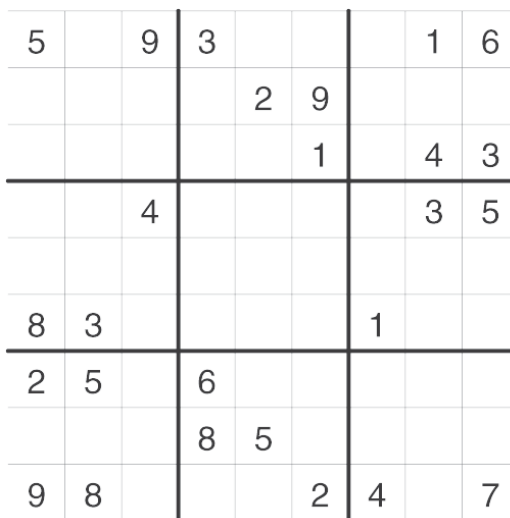
25 Today, in Tijuana
26 Motorboat feature
27 So
29 Massachusetts cape
30 Opposite of 21-Across
35 Center
37 Study of eggs
39 Made over
40 Slight touch
41 Jane Lynch's show
42 Tilt
43 Remain
44 Crooner Jerry
45 Persia, now

46 Tosses in
49 Big bother
50 Agt.

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

2	8	9	4	3	6	5	1	7
1	3	4	7	9	5	2	6	8
7	5	6	2	8	1	4	3	9
3	4	7	5	6	9	1	8	2
6	2	5	1	7	8	9	4	3
9	1	8	3	4	2	7	5	6
8	6	2	9	5	4	3	7	1
4	9	3	8	1	7	6	2	5
5	7	1	6	2	3	8	9	4

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Jamaican lover, I pretend not to like u cause i dont want to be hurt, although i have a bf my feelings for you is still the same, why cant u see it.

UR JAMAICAN QUEEN

Eustace, To my best friend and Travel buddy forever, I hope this makes it out in print since framing this would be great. This year is 11-11-11 for you not only is the date, great. You were even born at 11:11am, now that's fate. I love u always & what didn't break us this yr only made us stronger.

WTCBFF love you. DANNY

hubbie, i love, love, love you... you are so annoying yet so incredibly wonderful, pick a side and stick to it, till then i still love being you wife, don't mind the frequent complaints...lol, c weekend, mo et toi! let's makee a babyyyy
ON DIT KOI :)

Today's horoscope

♈ Aries March 21-April 20 A clash over money is likely today but it can be quite easily resolved.

♉ Taurus April 21-May 21 No matter what others might have said or done in recent weeks, you must forgive, forget and move on.

♊ Gemini May 22-June 21 Today's full moon may lead to a few moments of doubt but tomorrow your confidence will soar.

♋ Cancer June 22-July 22 Do something people will remember you for long after you are gone. Just make sure it is something they remember you for with a smile.

♌ Leo July 23-Aug. 23 You are going to have to face and overcome a major obstacle. Look at it from a positive perspective.

♍ Virgo Aug. 24-Sept. 22 Don't take anything you see or hear at face value today because the full moon has a tendency to warp.

♎ Libra Sept. 23-Oct. 23 With today's full moon cutting across the money axis of your chart, someone may try to cheat you.

♏ Scorpio Oct. 24-Nov. 22 You'd be wise to take people's views into account before you do things that may change their lives.

♐ Sagittarius Nov. 23-Dec. 21 The full moon is playing havoc with your emotions. By this time tomorrow you'll be back to normal.

♑ Capricorn Dec. 22-Jan. 20 Certain facts and figures don't add up and you're starting to wonder if someone has been misleading you.

♒ Aquarius Jan. 21-Feb. 18 You are intensely ambitious but if you come on too strong, authority figures may turn against you.

♓ Pisces Feb. 19-March 20. If you pick a fight today, it is you who will come out of it the worse for wear.

SALLY BROMPTON

Caption contest



"So, what do we do when these foxes wake up?"
JUSTIN



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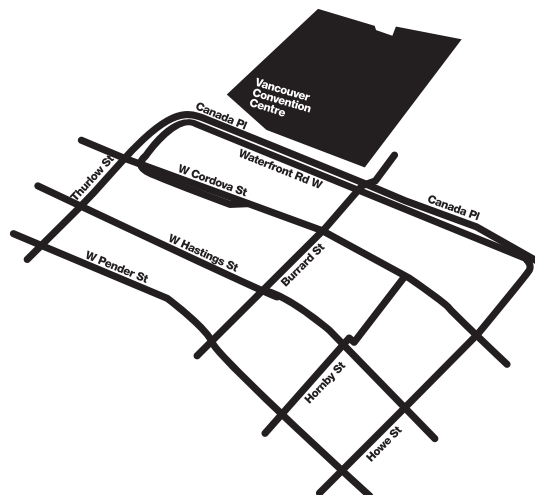
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